



# Agawam

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## Advertiser News

"Your Hometown Newspaper"

Volume XXIII Number 45

November 16, 2000

*Agawam And Feeding Hills...*

### David Cecchi's Book Captures Rich Past Of Agawam

*Agawam and Feeding Hills*, by author David Cecchi of Agawam, captures Agawam's rich past through photographs and postcards from the 1880's to the 1950's. The softcover book (which is 128 pages long and costs \$18.99) rediscovers lost Agawam landmarks such as Randall Field and Bowles Airport, the Feeding Hills train station, the Agawam and Feeding Hills Town Halls, and the Porter Distillery (makers of the nationally-known Agawam gin).

It includes views by the well-known Howes brothers of Ashfield and of Agawam Center from the beginning of the 20th century and chronicles a simpler and less hurried chapter of this town's history.

Cecchi developed a love for his hometown while growing up on one of the last remaining farms in Feeding Hills. He lives in Agawam Center and enjoys

SEE DAVID CECCHI - Page 7

### Flap Results In Bus For Granger Area; No Bus For Country Rd.

by Hope E. Murray  
Municipal Writer

The Agawam School Committee Tuesday night approved a bus for at least 56 students attending Granger Elementary School who live in the Hendom Heights and Pheasant Hill areas in Feeding Hills, while several residents of the Country Road area in Agawam left the meeting frustrated and angry that a bus was not approved for their neighborhood.

Country Road area residents came to the meeting hoping to have a bus denial from the transportation sub-committee reverted. Because of a procedural issue, the Country Road request could not be discussed.

The sub-committee, comprised of School Committee members Susan Pettazzoni, Susan Dawson, and Linda Galarneau, sent a letter to parent Donna Moore last week stating that their request for a bus to the Middle School was denied.

That letter should also have included a copy of a regulation stating that in order to appeal the decision, a written request must be made. Because Mrs. Moore and other parents did not receive that notice, they did not submit a written appeal and the committee could not discuss the issue.

Committee member Rosemary Sandlin stated that the residents should not have to suffer because the transportation sub-committee did not do its job and follow procedure initially.

"I think there are a lot of things that were not done right," Mrs. Sandlin said. Mrs. Pettazzoni, the sub-committee chairwoman, brought copies of the regula-



BILLIE ANN & DAVE CARPENTER OF AGAWAM anticipate reading their autographed copy of "Images of America - Agawam and Feeding Hills" by David Cecchi. Advertiser News photo by Kathy Shepard.

*First Mediation Meeting Held...*

### Council Again Seeks Executive Session On Tuckahoe Suit

by Hope E. Murray  
Municipal Writer

Town Council will have an executive session at its upcoming Monday, Nov. 20 meeting to discuss the Tuckahoe Turf Farm case.

Although details of negotiations of the case, which has been ongoing since the town acquired the pristine 290 acres in 1993 by eminent domain, cannot legally be disclosed, Councilor Anthony Bonavita did say he hopes to receive information at the meeting that will give Town Council "more confidence" about resolving the issue.

The town acquired the land by eminent domain for \$1.1 million back in 1991. Tuckahoe Development Corporation, represented by Feeding Hills resident Ralph DePalma, had signed a purchase and sale agreement to buy the land from Tuckahoe Turf Farms, Inc. and Lakeland Land Investment Company.

The town stepped in so that the open space could remain and acquired the land. DePalma then took Agawam to court.

In 1999 a jury decided the land was severely undervalued and concluded the land was actually worth \$2.5 million and DePalma was owed the difference in price of \$1.4 million.

Agawam appealed the decision and the town and DePalma have been at odds over the funds since then.

Bonavita, an attorney, said the appeals process can take many years and this case is no exception.

Meanwhile, the interest owed to DePalma increases every day and Bonavita wants a resolution.

"I'm not saying that at this point we should settle quickly or that we should let it go on forever," Bonavita said. "There has to be a happy medium."

Bonavita requested an executive session for several weeks. Two executive sessions were held already this year.

The main concern among councilors and residents is the interest. "According to figures I've received the interest is \$353 per day," Bonavita said. "This year alone it's over \$110,000 in interest. The total has got to be in the million-dollar range."

The decision to resolve the issue is one Mayor Richard Cohen and Town Council will have to agree upon. "The Mayor has the power to put together some type of settlement," Bonavita said.

"The Council can have input but it initially has to come from the Mayor. There's a definite separation of powers but we have to work together," he added. Cohen said he will attend the executive session, adding that he hopes to reach some kind of resolution soon.

"I am aware of the cost to the city," Cohen said. "I'd like to see the doors shut on this. We're working to end this."

Bonavita said the town needs to push the Tuckahoe situation to the forefront.

"It has to be a top priority in order to stop this cash register from ringing," Bonavita said.

SEE BUS - Page 2



## *A Reminder About Our Thanksgiving Week Edition...*

Please note that the deadline for articles, letters, ads, etc., for our Thanksgiving week edition (to be published Tuesday, November 21st) will be **Friday, Nov. 17th, at 5:00 p.m.** We thank you for your cooperation in this matter ... AAN!!!

### BUS - from Page 1

tion to the meeting to give to residents "in anticipation" that an oversight was made and the notice was not included in the denial letter.

The sub-committee sent Mrs. Moore a letter last week informing her of the decision. Mrs. Moore made her first request for the bus in July.

The letter stated that the sub-committee reached that decision unanimously based on recommendations made by Safety Officer Sgt. Donald Gallerani.

According to the sub-committee, those recommendations were to have the crossing guard walk with the children at the end of the sidewalk along Pajer's Market at the intersection of Rowley, Cooper, and Suffield Streets and cross them at that point to the convenience store.

Also, that the crossing guard will then cross the children at the light to the sidewalk side of Suffield Street. The children would then walk to the Middle School either from Main Street via Suffield Street or to Main Street via Reed Street.

Mrs. Moore and several other parents addressed their concerns during Citizens' Speak Time. "The transportation sub-committee said they made their decision following the recommendation of the safety officer," Mrs. Moore said. "But he (the safety officer) did not make a recommendation."

A letter to Deputy Superintendent Donald Charest dated Oct. 30th from Gallerani states, "If these children are not bused to school, I would recommend having a crosswalk painted across Rowley Street where the sidewalk ends and have a guard cross the children at Rowley and the intersection."

The letter Mrs. Moore has a copy of does not state that Gallerani does not recommend a bus for that

*Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.*

area. Mrs. Moore cited several reasons she and her husband, Brian, as well as many other parents in the area, drive their children to and from school, including unfenced detention basin that is most often full, a steep hill on Suffield St., and the high volume of traffic.

Mrs. Moore said she spent a morning at the busy intersection by Quick Mart Convenience Store and said she counted 925 vehicles passing through between 7:30 and 8:00 a.m. Country Road resident Colleen Tourville said she observed the same intersection for an hour in the afternoon and counted 1,100 vehicles, including approximately 30 cars that ran the red light.

"There were 13 dump trucks, 27 buses, three police cruisers, 15 tractor trailer trucks, and six vehicles that cut through Pajer's and Quick Mart to avoid the light," Mrs. Tourville said.

She said she also observed the crossing guard, who arrived at 2:45 p.m. and left at 2:57 p.m. and in that time, three children crossed themselves.

"This is a safety issue," Mrs. Tourville said.

Parents also expressed concerns about snow and personal safety, such as kidnapping.

Ten year-olds Diane Moore and Julie Montvale also spoke in favor of the bus. "I'd like to ask you how you would feel if you were 10 years-old and you had to do what you're asking us to do," Diane Moore said.

The neighborhood of Country Road is approximately 1.7 miles from the school, according to parents. The law states that children living 1.5 miles or more from a school or children who would have to walk through areas of questionable safety must be bussed.

Mrs. Moore and other parents intend to submit a written appeal.

# SCOTT M. HIBBERT

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## Attorney at Law

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## NOVEMBER WINE SPECIALS

|  |  |   |   |  |   |
|--|--|---|---|--|---|
| <b>Franzia</b> (1.5 Ltr.)<br>Chablis, Rhine Burgundy,<br>Chianti, Blush, Chillable Red,<br>White Grenache,<br><b>\$7.49</b><br>Chardonnay, White Zinfandel,<br>Merlot, Cabernet Savignon<br><b>\$10.99</b> | <b>Robert Mondavi<br/>Woodbridge</b><br>(1.5 Ltr.)<br>Merlot, Cabernet, Chardonnay<br><b>\$11.99</b><br>White Zinfandel<br><b>\$8.99</b> | <b>Foxhorn<br/>Vineyards</b><br>(1.5 Ltr.)<br>Chardonnay, Cabernet, Merlot<br><b>\$5.99</b><br>White Zinfandel<br><b>\$4.99</b> | <b>Kendall Jackson<br/>Vintner's Reserve</b><br>(750 ml.)<br>Chardonnay - <b>\$9.99</b><br>Savignon Blanc - <b>\$8.99</b><br>Johannisberg Riesling - <b>\$8.99</b><br>Cabernet Savignon - <b>\$13.99</b><br>Merlot - <b>\$13.99</b> | <b>Delicato</b><br>(1.5 Ltr.)<br>Chardonnay,<br>Cabernet,<br>Merlot<br><b>\$7.99</b> |   |
| <b>Gallo</b><br>(1.5 Ltr.)<br>Chardonnay, Merlot,<br>Cabernet, Cafe<br>Zinfandel, Hearty<br>Burgundy<br><b>\$6.99</b>  | <b>Jacob's Creek</b><br>(750 ml.)<br>Chardonnay<br><b>\$6.49</b><br>Merlot, Cabernet<br><b>\$6.99</b>                                    | <b>Moet Et<br/>Chandon White<br/>Star Champagne</b><br>(750 ml.)<br><b>\$25.99</b>  | <b>Stoek<br/>Sweet, Dry<br/>Vermouth</b><br>(1.5 Ltr.)<br><b>\$6.99</b>   | <b>Hogue<br/>Johannisburg<br/>Riesling</b><br>(750 ml.)<br><b>\$6.99</b>             | <b>Presidential<br/>Porto</b><br>(750 ml.)<br>Ruby (Non-Vintage),<br>Tawny (Non-Vintage)<br><b>\$7.99</b> |

## NOVEMBER LIQUOR SPECIALS

|  |   |   |   |   |   |
|--|---|---|---|---|---|
| <b>Johnny Walker<br/>Red Scotch</b><br>(1.75 Ltr.)<br><b>\$31.99</b> | <b>Grey Goose</b><br>(750 ml.)<br><b>\$22.99</b>                      | <b>Kahlua</b><br>(200 ml. - 4 Pk.)<br><b>\$4.99</b> | <b>Romana<br/>Sambuca</b><br>(750 ml.)<br><b>\$14.99</b>  | <b>Canadian<br/>Club</b><br>(1.75 Ltr.)<br><b>\$17.99</b>   | <b>Seagram's 7</b><br>(1.75 Ltr.)<br><b>\$15.99</b> |
| <b>Bacardi Rum</b><br>(1.75 Ltr.)<br><b>\$16.99</b>                  | <b>Captain Morgan<br/>Spiced Rum</b><br>(1.75 Ltr.)<br><b>\$18.99</b> | <b>Dewars</b><br>(1.75 Ltr.)<br><b>\$31.99</b>      | <b>Absolut<br/>Vodka</b><br>(1.75 Ltr.)<br><b>\$25.99</b> | <b>Beefeater's<br/>Gin</b><br>(1.75 Ltr.)<br><b>\$24.99</b> | <b>Bailey's</b><br>(750 ml.)<br><b>\$15.99</b>      |

## NOVEMBER BEER SPECIALS

|   |   |   |   |  |   |
|---|---|---|---|--|---|
| <b>Coors &amp;<br/>Coors Light</b><br>(30-Pk. Cans)<br><b>\$16.99</b> | <b>Killian's<br/>Irish Red</b><br>(12-Pk. Btls.)<br><b>\$9.99</b>           | <b>Moosehead</b><br>(12-Pk. Btls.)<br><b>\$8.99</b>                         | <b>Miller Genuine<br/>Draft</b> (Reg. & Light)<br>(Bar Btls.)<br><b>\$10.99</b> | <b>Rolling Rock</b><br>(12-Pk. Btls.)<br><b>\$7.99</b> | <b>LaBatt's<br/>(Blue Ice / Light)</b><br>(12-Pk. Btls.)<br><b>\$8.99</b> |
| <b>O'Doul's</b><br>(Case - Btls. Or Cans)<br><b>\$12.99</b>           | <b>Busch &amp; Busch<br/>Light (X Port)</b><br>(Bar Btls.)<br><b>\$9.99</b> | <b>Michelob &amp;<br/>Michelob Light</b><br>(12-Pk. Btls.)<br><b>\$8.99</b> | <b>Harpoon</b><br>(All Flavors)<br>(12-Pk. Btls.)<br><b>\$10.99</b>             | <b>Red Hook</b><br>(12-Pk. Btls.)<br><b>\$9.99</b>     | <b>Sam Adams<br/>(Loose Case)</b><br><b>\$19.99</b>                       |



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## Letters To The Editor

### Parish Cupboard Needs Community Help

#### To The Editor:

Based on the food for Thanksgiving that we have already distributed to families from Agawam, Feeding Hills, and West Springfield, our projected Thanksgiving grocery list is:

264 turkeys; 264 cans cranberry sauce; 264 boxes stuffing; 1,320 lbs. sugar; 528 lbs. butter (already donated); 1,320 lbs. potatoes; 264 packages/cans gravy; 1,320 lbs. flour; 528 cans vegetables.

We need the help of our community to be able to present this bounty to people who are in need. We verify their address, income level, and family size. They come across our threshold admitting they can't provide all their family needs without our help.

We do this every day of the year, not just Thanksgiving and Christmas. It costs \$7,917.75 per month to make sure the Parish Cupboard is open to your neighbors who really need us. Please, please help us help them.

Sincerely,  
Candy A. Boucher  
Executive Director

### Resident Thanks Community For Bereavement Support

#### To The Editor:

I am writing to thank all for your many prayers and kindnesses during my Barbara's illness. Sadly, she passed and was safely called home to Jesus on October 7th.

I also wish to thank Father Ron of Sacred Heart Church for his very kind and compassionately spiritual Funeral Mass for Barbara.

Vinnie Govoni of the Agawam Funeral Home went out of his way to treat Barbara and her family with comforting concern and family-like atmosphere.

For all these blessings, I am very grateful. Because of them, it made a very difficult time for us, at least, a little easier to bear.

Sincerely,  
Jeannette A. DiFlumeri  
Feeding Hills

### Senator Linda Melconian Welcomes Public Input

#### To The Editor:

It is that time of year when we think of fresh legislative initiatives that we may want to file for the new term, beginning January 3, 2001.

As your State Senator, I have always worked hard to cultivate a working relationship with my constituents that fosters maximum input in the legislative process. During the past year, I have met with many of you to hear your suggestions and recommendations for ways in which state government can better serve us in Western Massachusetts. Each year, at this time, I contact local officials, representatives of neighborhood and human service organizations, and members of the business, labor, and education communities as well as many other interested and involved citizens in my Senatorial District for their suggestions and recommendations to develop legislation.

Please contact me with any suggestions you may have for new and innovative legislation. You may send the proposals in writing to: Majority Leader Linda J. Melconian, State House, Room 333, Boston, MA 02133. If you wish to meet with me in person about any of your new ideas or proposals, please set up an appointment through Betty in my District Office. In order to allow ample time to review and draft the appropriate language, proposals must be received by November 20th.

My success in representing such a dynamic and

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diverse constituency as the Hampden District has resulted from a continuing dialogue with concerned and insightful people like you who are interested in good public policy. I welcome your valuable input, your suggestions, ideas and proposals. I am looking forward to hearing from you.

With best wishes,  
Linda J. Melconian  
Majority Leader

### Senior Green Football Team Thanks Coaches & Fans

#### To The Editor:

The players of the Senior Green football team would like to thank head Coach Ralph Myers and assistant Coaches Ed Simone and Jim Yelinek for all their time and effort they dedicated to our football team. They were always at practice working hard with us. No matter if we won or lost a game, they were always encouraging us and telling us we played a good game.

We would also like to thank the Agawam Youth Football Association, the senior cheerleaders, and all our fans who came and supported us throughout the season.

Shaun Cummings, Jordan Buiso, Nicholas Alvanos, William Barker III, Joel Crothers, John Delucchi, Nick Demetrios, Joseph Greaney, Dale Hope, Justin Howe, Lauren Learned, Jim Lewin, Michael Longhi, Derek Myers, Chris Orenstein, Thomas Ramah, Adam Rhodes, Geno Santaniello, Michael Santos, Chris Scuderi, Jonathan Simone, Anthony Sotolotto, Justin Stevens, Max Vanossenbruggen, and Jim Yelinek

### Ag. Little League Looking For Concessions Volunteers

#### To The Editor:

For many years, anyone who has visited the Agawam Little League fields on School Street to enjoy a baseball game has seen Lyn Bussiere serving the patrons at the concession stand. Lyn has done a wonderful job and has made the concession stand a tremendous success. Unfortunately, Lyn has now moved on to bigger and better things. Thank you, Lyn, for all the years of dedication and service. Your hard work is greatly appreciated.

Now comes the hard part. We need to fill the many positions Lyn had done. This will not be an easy task. We do have two people who are willing to coordinate the many duties that running the concession stand entails. But we need volunteers to work in the stand, run the scoreboards, and announce the games during the upcoming baseball season.

The more volunteers we have, the easier the jobs will be. All those interested in helping, including parents, grandparents, retirees, etc. are welcome.

It is a fun way to meet and greet all the fine people that make Agawam Little League Baseball such a huge success for the youth of our town.

If you are interested in volunteering or know someone who is, please contact Tammy Randall at 786-



786-7747

### The Agawam Advertiser News

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786-8137

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8122 or Ann Schwein at 786-7063. Please come and join us in making 2001 another successful baseball season.

Thank you,

Ted Kopyscinski, President  
Agawam Little League

### AHS Class Of 2001 Advisors Thank Area Businesses

#### To The Editor:

Agawam High School's Class of 2001 held the annual Senior Kid Party last Thursday, November 9th, and a great time was had by all.

The costumes were creative and colorful, and the students danced to the tunes of D.J. Steve. Refreshments included popcorn (thanks to Mr. & Mrs. Sienkiewicz), cotton candy, and snow cones. But a party isn't any fun without prizes. The officers and advisors would like to thank the following businesses for their generous donations:

Parthenon Restaurant, E.B's, Bruno's Pizza, T.G.I. Fridays, Movie Mart, Monarch Floral, Fitness First, The Cutting Edge, Tollie's Pizza, Ken's Eyewear, and Pioneer Spirit (for all that ice!).

Thanks to all of you for helping to make our Kid Party a great success.

Sincerely,  
The Officers & Advisors  
Of AHS Class Of 2001

### A More Democratic Method For Changes To Our Charter

#### To The Editor:

Obviously, there is a need for a charter change for filling vacancies on our City Council. Also, there are other changes that should be considered. With Berkshire Power and Six Flags dominating our community, changes to our charter are necessary.

Presently, a group of residents is trying to obtain the necessary signatures to have the voters of Agawam select a Charter Commission. The commission would recommend to the voters of Agawam changes to our charter.

The Council will also have to approve these recommendations. The problem is obtaining the necessary signatures to have this procedure accepted. However, our City Council can pass a resolution to put this Charter Commission before the voters.

In my opinion, this is a more Democratic method for bringing about changes to our charter. The politics will be removed, and the voters will decide.

Rudy Altobelli  
Agawam

### Supporting Resolution In The Best Interest Of Our Town

#### To The Editor:

This Monday, the City Council will vote on a resolution to amend the charter regarding filling vacant seats on the City Council. The Council will vote for or

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## LETTERS - from Page 4

against having a ballot question concerning this issue in the next election.

We should let the people decide if they want to leave it like it is; that is, having the Council elect the new Council member or change it to have the 12th candidate whom the people voted for, automatically fill the vacant seat. In our last meeting, unfortunately, some councilors argued against it, raising some hypothetical questions and objecting to some of the wording of the resolution.

The Council voted to table the resolution to change the wording. It was changed in the hope of satisfying those individuals who voiced their objections. At our November 2nd meeting, the rules committee members - Councilor Anthony Bonavita, Councilor Robert Young, and myself - voted 3-0 to support this resolution and recommend its approval, which includes placing it on the ballot as a question for the Agawam voters in November 2001. I would like to thank both councilors for voting in favor of this resolution, and I would also like to thank City Clerk Richard Theroux and City Solicitor Thomas Locke for their input and advice concerning our resolution at our committee meeting.

Even if a few oppose the idea to change the process to fill our vacancies, I hope the Council will at least support and vote yes on this resolution, which calls only to have a ballot question and let the people vote on this issue next November.

By voting no now, we are voting no for a ballot question and denying the people to have a voice. I believe it is in the best interest of our town to support this fair resolution. It is common sense to eliminate the politics and avoid bickering among the Council members by giving the seat to the next person in line.

This past summer, it took us two months, 39 ballots, and a lot of quarreling and embarrassment to fill the council seat. Now is the time to change the

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process. It is time to get the voters of Agawam involved by giving them a chance to vote on this through a ballot question.

I hope the Council on Monday will do the right thing and vote one way or the other. I hope we do not make excuses, thereby delaying it or putting it to another committee. I feel it is a fair, honest, and simple method for filling future vacancies on our City Council.

Sincerely,

George Bitzas

Agawam City Councilor

## School Activities Should Be Open To All Students

## To The Editor:

The pictures in last week's *Advertiser* of Granger School's annual pumpkin-carving event done by the school's first-graders (or at least half of them) has prompted me to write this editorial.

I am disappointed that my first-grader didn't have the opportunity to participate. My child had to deal with knowing about this event the day it happened, and then again from this newspaper. It is unfair, in my opinion, to the children who could not participate just because their teacher did not want to.

Too many of our little ones are feeling left out! As a parent, I must respond to that. Dare I mention now the planned field trip to Sturbridge Village at the end of the year? This wonderful opportunity should be open to all first-graders, not just some of them! There should be unity within the same grade at the same school to do or not an activity. If everyone can't do it, nobody should.

Perhaps the school should consider setting guidelines regarding an activity or class outing making it fair for everyone.

Mary Smith  
Feeding Hills

*If you visit the Advertiser News' new office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Please park on the side of the building and use the back entrance. Thank you...*

## FireWise...

## Prevent Candle Fires

by Inspector Michael Mercadante

Agawam Fire Department

\* Burn candles inside a one-foot circle of safety - an area free of anything that could come in contact with the flame and burn.

Use candles in the center of an area one-foot in diameter free of anything that could burn, such as decorations, curtains that could blow around, other items on a table or bureau. Use a sturdy metal, glass or ceramic container.

\* Stay in the same room with burning candles; never leave them burning unattended.

Most candle fires start when they are left burning unattended. Don't leave a candle burning out of your sight or when you fall asleep at night.

\* Use candles out of reach of children and pets.

Many candle fires are started when pets knock them over, or when children touch or play with them.

\* Keep all matches and lighters out of reach of children.

Store in a high cabinet, preferably a locked one. You wouldn't leave a loaded gun lying around, and a lighter can be just as dangerous in a child's hand.

\* Teach everyone in the family the rules of safe candle use.

Children, teenagers, grown-ups, and older adults should know the rules of safe candle use.

\* Candle fires have tripled in Massachusetts over the past decade!

Candle use has risen greatly in the past decade, but unfortunately so have candle fires. They have more than tripled in Massachusetts in the past 10 years.

\* Candles have become one of the leading causes of fire deaths in the home in this state.

Several people are killed, usually in their own homes, from candle fires each year.

For further information, contact the Agawam Fire Department at 786-2662.

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• FAX: 786-7004

• [www.canaryblomstrom.com](http://www.canaryblomstrom.com)

## - Agawam Obituaries -

### PAUL R. BORGATTI

Paul R. Borgatti, 71, of Feeding Hills, died recently at Noble Hospital in Westfield.

He was a self-employed wallpaper and painting contractor.

Born in Feeding Hills, he was a lifelong resident and an Army veteran of the Korean War.

He was a former member of the Elks Lodge and the Dante Club, and a member of the Partners Restaurant Breakfast Club and American Legion Post 185.

He leaves his wife, the former Iris "June" Sanderson; a daughter, Dina Morisset of Feeding Hills; two brothers, Edward of Feeding Hills and Ronald of Cincinnati; two sisters, Claire Flaro of East Longmeadow and Janet White of Springfield; and two grandchildren.

The funeral was held at Colonial-Forastiere Funeral Home of Agawam and Sacred Heart Church, with burial in Springfield Street Cemetery, both in Feeding Hills.

Memorial contributions may be made to the Shriners Hospital for Children, 516 Carew Street, Springfield, MA 01104.

### KEVIN C. BRITTEN

Kevin C. Britten, 46, of 23 White Fox Road, Feeding Hills, died recently at home.

He was the quality control manager for Wood Group Aero Co. of East Windsor, CT, for 10 years and previously was a machinist for five years at Adams Industries.

Born in Springfield, he lived in West Springfield before moving to Feeding Hills 24 years ago.

He graduated from West Springfield High School in 1972.

He leaves his parents, John J. and Kathleen P. (Pierce) Britten of Feeding Hills, and a brother, Brian P. of Chicopee.

The funeral was held at Colonial-Forastiere Funeral Home and St. John the Evangelist Church, both in Agawam, with burial in St. Michael's Cemetery, Springfield, at the convenience of the family.

Memorial contributions may be made to the St. Patrick's School Building Fund, 125 Montgomery Street, Chicopee, MA 01020.

### CAROL E. CHRISTY

Carol E. (Dunn) Christy, 64, of 21 Forest Road, Agawam, died recently at Baystate Medical Center in Springfield.

She was a 17-year supervisor for Springfield Technical Community College and retired earlier this year.

She was born and schooled in Springfield and a graduate of the former Technical High School.

She lived in Springfield for many years before moving to Agawam, where she lived for 40 years. She was a communicant of St. John the Evangelist Church.

She leaves a son, Mark J. of Cary, North Carolina; a daughter, Cheryl L. Kossick of Hampden; a brother, John H. Dunn of Monson; two sisters, Shirley R. Cormier of Agawam and Marlene A. Lariviere of Feeding Hills; five grandchildren; and a great-grandchild.

The funeral was held at Colonial-Forastiere Funeral Home and in the church, with burial in St.

Rose de Lima Cemetery in Chicopee.

Memorial contributions may be made to the American Cancer Society, 31 Capital Drive, West Springfield, MA 01089.

### ETHEL C. MCGRATH

Ethel C. (Prouse) McGrath, 99, of Lewis Street, Hyannis, died recently at a local nursing home.

Born in Cherokee, Oklahoma, she lived in Wales before moving to Cape Cod.

Her husband, Edward McGrath, died in 1963.

She leaves two sons, Howard of Agawam and George of Chicopee; a daughter, Mary Sullivan of Hyannis; two sisters, Doris Bradley of Oklahoma City and Leone Higgins of Amarillo, Texas; 12 grandchildren; 17 great-grandchildren; and a great-great-grandson.

Nowak Funeral Home of Indian Orchard was in charge of the arrangements. A private funeral was scheduled at the convenience of the family, and burial was held in Hillcrest Park Cemetery, Springfield.

### BARBARA J. MILAR

Barbara J. (Lamphere) Milar, 67, of 43 Brien Street, Agawam, died recently in a local nursing home.

She owned Barney's Restaurant in Westfield and previously owned Princess Parlor Restaurant in East Longmeadow.

Born and raised in Foster, Rhode Island, she lived in Agawam for 20 years.

She leaves her husband, George B. Milar; a son, William T. of Springfield; four daughters, JoAnne Gebski of Springfield, Brenda Swartz of Newburyport, Sue Ellen Breitigan of Orwell, Vermont, and Judi Lembke of Stockholm, Sweden; five brothers, William, John, Prescott, Victor, and Richard Lamphere, all of Rhode Island; two sisters, Grace Bates of Attleboro and Irene Armenti of Rhode Island; and 11 grandchildren.

The funeral was held at Agawam Curran-Jones Funeral Home, with private burial in Springfield Street Cemetery.

Memorial contributions may be made to the American Lung Association, 393 Maple Street,

Springfield, MA 01105, or the Juvenile Diabetes Foundation, P.O. Box 80715, Forest Park Station, Springfield, MA 01138.

### HAZEL M. SOFFEN

Hazel M. (Hastings) Soffen, 70, of Agawam, died recently at home.

She was born in Agawam and was a lifelong resident.

She leaves her husband, Fred M. Soffen; four sons, Mitchell R. of Roseview Heights, Illinois, Fred M. at home, Andrew M. of Ludlow, and Matthew S. of Chicopee; a daughter, Leila M. Soffen of Holyoke; five brothers, Harold Hastings of Suffield, CT, Robert Hastings of Springfield, Jared Hastings of Ludlow, David Hastings of West Springfield, and Arthur Hastings of Feeding Hills; five sisters, Orpha Blaisdell of Eau Claire, Wisconsin, Helen Kane, Marion Convertino, and Vivian Hill, all of Feeding Hills, and Ruth Hastings of Bridgeport, CT; nine grandchildren; and a great-grandchild.

The funeral was held at Agawam Curran-Jones Funeral Home, with burial in Springfield Street Cemetery.

Memorial contributions may be made to the Shriners Hospital for Children, 516 Carew Street, Springfield, MA 01104.

### JOHN J. ZIEMBA

John J. Ziemba, 82, of 43 Charest Lane, Agawam, died recently at home.

He was a 50-year pipefitter and a member of Hartford (Connecticut) Local 777 of the Pipefitters Union. After retirement, he was a hydraulic pipefitter for Kidder Stacey Co. of Agawam and Allen Lawnmower Co.

Born in Hartford, he lived in Springfield for most of his life and in West Springfield before moving to Agawam in 1988.

He was a communicant of Our Lady of the Rosary Church in Springfield.

He leaves his wife of 50 years, the former Marjorie W. Strzelecki; three sons, Richard of Agawam,

**SEE OBITUARIES - Page 7**

**Our Lunch Menu Is Selected To Fit Everyone's Pocketbook !**

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**Expires Nov. 24, 2000**

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**Full Menu Available To Please Everyone's Taste!**

From The Massachusetts Senate....

# Emergency Heating Assistance Approved; Supp. Budget Passes

Senate Majority Leader Linda J. Melconian (D-Springfield) announced enactment of a bill to provide home heating assistance for low-income families and passage of FY 2001 Supplemental Budget that restores Chapter 636 School Education Money and provides money to continue operation of the Life Flight Air Ambulance in Palmer.

"I am very pleased the Senate has taken these proactive steps to ensure that this winter, home-heating assistance will be available at reasonable prices to those who need it the most," said Melconian.

The home-heating assistance bill provides \$12 million to assist low-income elders, working families with incomes between 175% and 200% of the federal poverty level, with the purchase of heating oil, propane, and natural gas. The bill also creates a \$5 million heating oil stock reserve to reduce the risk of supply disruptions and stabilizes the cost of home-heating oil through the winter months.

The Senate also passed its version of the FY 2001 Supplemental Budget that included restoration of \$13,248,000 in education funds vetoed by the Governor in the FY 2001 State Budget. The money allows school districts to continue to fund racial integration in urban districts and parent education centers that serve as conduits between parents and schools.

The Supplemental Budget also includes \$500,000 to continue the operation of the UMass Memorial Health Care Life Flight Air Ambulance based in the Town of Palmer. The helicopter is currently the primary emergency air ambulance for all Western Massachusetts, and serves as the secondary emergency air ambulance for Central Massachusetts. The helicopter in Palmer serves as the primary air rescue helicopter for all of Western Massachusetts.

"My fellow Senators and I in Western Massachusetts are proud that we were able to gain funding for this vital service," said Melconian. "We all know that in medical emergencies, seconds can mean the difference and this helicopter saves lives."

In addition, the Supplemental Budget contains \$7,201,000 to fully fund Hampden County Sheriff Department Collective Bargaining agreements for all correctional officers.

## OBITUARIES - from Page 6

Raymond of West Springfield, and Gerald of Agawam; three daughters, Constance Trela, Eleanor Piccin, and Elizabeth Atkins, all of Agawam; a brother, Richard of Hamden, CT; four sisters, Mary Kisiel of Wethersfield, CT, Irene Lewis of New Haven, Bernice Zedalis of Alexandria, VA, and Genevieve Repass of Wethersfield; nine grandchildren; and 10 great-grandchildren.

The funeral was held at Agawam Funeral Home and the church, with burial in St. Mary's Cemetery.

Memorial contributions may be made to the Hospice of the Pioneer Valley, 50 Maple Street, P.O. Box 9058, Springfield, MA 01102-9058.

## LEGAL NOTICE

## LEGAL NOTICE

TOWN OF AGAWAM  
BOARD OF APPEALS

Notice is hereby given that the Board of Appeals will conduct a public hearing at the Agawam Middle School Cafeteria, located at 68 Main St., Agawam, MA on THURSDAY, November 30, 2000 at 6:30 P.M., for all parties interested in the appeal of William & Andrea Moccio who are seeking to amend Special Permit Case #1598, Condition #9, regarding hours of operation, at the premises identified as: 339 SILVER STREET.

Doreen Prouty, Acting Chairman

Published: November 16, 2000

## The Agawam Advertiser News

### DAVID CECCHI - from Page 1

what is perhaps Agawam's oldest surviving inground pool (1957) with his wife and sons, Joseph and J. Bailey (named for Joel Bailey, who in the 1800's owned the land Cecchi's family now farms).

Cecchi currently serves as chairman of the Agawam Historical Commission, and is a board member of the Agawam Historical Association and the 1805 Captain Charles Leonard House.

The Agawam Historical Association operates the Agawam Historical & Fire House Museum from the 1918 Elm Street fire station in Agawam. A portion of the proceeds from the sale of *Agawam and Feeding*

Hills

will be used by the association for the maintenance of the museum.

Founded by William Pynchon in 1635, Agawam was among the earliest settlements along the Connecticut River. Located on an early colonial road connecting Springfield with Connecticut, Agawam Center remained the hub of the town until the early 1900's.

As trolleys and automobiles made travel easier, development spread west toward the village of Feeding Hills and set in motion the transformation from a quiet farming community to a bustling village center.

*The deadline for our Thanksgiving week edition (Tuesday, November 21st) will be Friday, November 17th, at 5:00 p.m.*

## Southgate Liquors, Inc.

842 Suffield Street, Agawam

## Thanksgiving Specials



|   |  |   |   |
|---|--|---|---|
| <b>Michelob<br/>(Reg. &amp; Light)<br/>\$8.99</b><br>Plus Deposit<br>(12-Pk. Btls.) | <b>Imported<br/>Canadian Mist<br/>\$13.99</b><br>(1.75 Ltr.)                                   | <b>Gallo White<br/>Zinfandel<br/>3 / \$7.99</b><br>(750 ml.)  | <b>Molson<br/>Golden<br/>\$6.99</b><br>Plus Deposit<br>(12-Pk. Cans)  |
| <b>Kahlua<br/>\$14.99</b><br>(750 ml.)  | <b>Walnut Crest<br/>(All Varieties)<br/>\$8.99</b><br>(1.5 Ltr.)<br><i>Imported From Chile</i> | <b>Bud Ice<br/>\$16.99</b><br>Plus Deposit<br>(30-Pk. Cans)   | <b>Fortant Wines<br/>(All Varieties)<br/>\$8.99</b> (1.5 Ltr)<br><b>\$4.99</b> (750 ml.)<br><i>Imported From France</i> |
| <b>Blossom Hill<br/>White Zinfandel<br/>\$4.99</b><br>(1.5 Ltr.)                    | <b>J.W. Dundee<br/>Honey Brown<br/>\$7.99</b><br>(12-Pk. Btls.)                                | <b>LaVilla Wines<br/>(All Varieties)<br/>\$6.99</b> (1.5 Ltr.)<br><b>\$4.49</b> (750 ml.)<br><i>Imported From Italy</i> | <b>Imported<br/>Ron Roberto<br/>Rum<br/>\$10.99</b><br>(1.75 Ltr.)  |
| <b>Fleischmann's<br/>Gin<br/>\$11.99</b><br>(1.75 Ltr.)                             | <b>Ballatore<br/>Gran Spumante<br/>\$3.49 *</b><br>(750 ml.)<br><i>* After \$2.00 Rebate</i>   | <b>Peter Vella<br/>5 Ltr.<br/>Bag-In-The Box<br/>(High Tier) \$10.99<br/>(Low Tier) \$7.99</b>                          | <b>Poland Spring<br/>Vodka<br/>\$9.99</b><br>(1.75 Ltr.)  |
| <b>Rolling Rock<br/>\$9.99</b><br>Plus Deposit<br>(18-Pk. Cans)                     | <b>Turning Leaf<br/>Varietals<br/>\$5.99</b><br>(750 ml.)<br><i>Excludes Coasters</i>          | <b>Busch<br/>(Reg. &amp; Light)<br/>\$13.49</b><br>Plus Deposit<br>(30-Pk. Cans)  | <b>Tott's<br/>Champagne<br/>\$4.69 *</b><br>(750 ml.)<br><i>* After \$2.00 Rebate</i>                                   |

## Holiday Sampler (12-Pks. In Stock)

|                              |                                 |
|------------------------------|---------------------------------|
| Pete's Wicked Winter Sampler | <b>\$10.99</b>                  |
| Sam Adams Winter Classics    |                                 |
| Harpoon Mix                  | Plus Deposit<br>(12-Pk. Btls.). |
| Saranac Trail Mix            | (Limited Quantities)            |

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New - Revision ... Satellite TV With Product News, Recipes, Party Tips

Prices Effective November 17th Through November 30th

*The deadline for our Thanksgiving week edition (Tuesday, Nov. 21st) will be Friday, Nov. 17th, at 5:00 p.m.*

## Agawam Lions Club Conducts Art Auction



THE AGAWAM LIONS CLUB RECENTLY HELD AN ART AUCTION at The Oaks. IN TOP PHOTO: Auctioneer Abe Adams calls for bids on one of the art pieces being auctioned while Lions Club member Robert Campbell (right) looks on. IN PHOTO BELOW: Lions Club members Bob Loomis, Tom Dacey, and Al Bryant show off one of the many fine works to be sold that evening. Advertiser News photos by Kathy Shepard.



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Open Monday-Friday 8:30am to 5:00pm  
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## *A Reminder About Our Thanksgiving Week Edition...*

Please note that the deadline for articles, letters, ads, etc., for our Thanksgiving week edition (to be published Tuesday, November 21st) will be Friday, November 17th, at 5:00 p.m. We thank you for your cooperation in this matter ... AAN!!!

## Agawam Town Council Members' Phone Numbers

**Robert A. Magovern, President**  
144 Birch Hill Road  
Agawam, MA 01001  
(413) 789-0171

**Robert M. Young, Vice-President**  
216 South Westfield Street  
Feeding Hills, MA 01030  
(413) 786-8995

**George Bitzas**  
33 Fernwood Drive  
Agawam, MA 01001  
(413) 789-1464

**Anthony C. Bonavita**  
683 Cooper Street  
Agawam, MA 01001  
(413) 786-2079

**Gina M. Letellier**  
150 Maple Street  
Agawam, MA 01001  
(413) 786-4723

**Joseph Mineo**  
30 Kathy Terrace  
Feeding Hills, MA 01030  
(413) 789-4356

**Richard C. Morassi**  
206 Maynard Street  
Feeding Hills, MA 01030  
(413) 786-0207

**John J. Negrucci**  
35 Hayes Avenue  
Feeding Hills, MA 01030  
(413) 789-2887

**Dennis J. Perry**  
165 Cambridge Street  
Feeding Hills, MA 01030  
(413) 786-1238

**Robert E. Rossi**  
44 Colemore Street  
Feeding Hills, MA 01030  
(413) 786-3896

**Jill P. Simpson**  
24 Pleasant Valley Road  
Feeding Hills, MA 01030  
(413) 786-0053

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## GENERAL LEGAL SERVICES

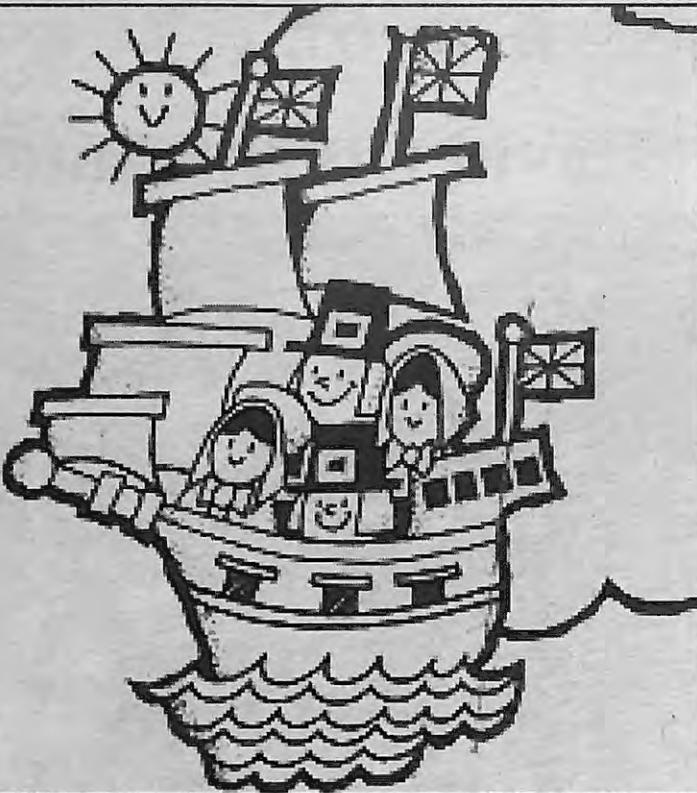
**David A. Ladizki**

Attorney  
At Law

46 Suffield Street  
Agawam, MA 01001  
(413) 786-9000



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## Families

# David Cecchi Autographs His Book At Leonard House



EARLIER THIS MONTH, author David Cecchi of Agawam was on hand at the Captain Charles Leonard House to autograph copies of his just-published book, *Agawam and Feeding Hills*. IN LEFT PHOTO: Joe Potter (standing) talks with Cecchi (seated) after having his copy signed. IN RIGHT PHOTO: Nancy Rosner and Carol Miller sold copies of *Agawam and Feeding Hills* during Cecchi's signing at the Captain Leonard House. Advertiser News photos by Kathy Shepard.



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## AHS Class of 1939 Holds Reunion

Some members of the Agawam High School Class of 1939 met Saturday, November 4th at Storowton Tavern in West Springfield for their 61st reunion.

The class decided at their 60th reunion last year that they would not wait another five years to get together because of the dwindling of their members each year.

It was also decided that they will now meet each year for those who would like to attend and would meet in October instead of November because of the number of members who leave for Florida each November.

## Heritage Hall Plans Annual Christmas Bazaar

Heritage Hall Center, a member of the Genesis ElderCare network, is having its annual Christmas Bazaar on Saturday, November 18th from 10:00 a.m.-3:00 p.m. The bazaar will take place on the Heritage Hall campus located off of Cooper Street and Main Street.

Each of the four campus buildings will be selling craft items and baked goods made by Heritage Hall residents and the community. In addition, tag sale tables and raffles will be held.

Proceeds from the Bazaar will be used for special event programming for residents. The public is encouraged to attend.

For more information, contact Lisa Parent at 413-786-8000, ext. 282.



MEMBERS OF THE AGAWAM HIGH SCHOOL CLASS OF 1939 gathered at Storowton in West Springfield on Saturday, November 4th, for their 61st reunion.

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.

**Planning A Party?  
Let Christo's Do The Cooking**  
**Thanksgiving**  
*is around the corner...*  
**and we'll cook the turkey**  
*with all the fixings.*



**While You Are At It...**  
**You Know How Hectic The Holidays Are!**  
We are now accepting reservations  
for parties of 10 or more  
at \$19.95 per person for  
any entree from our menu.  
Includes:  
soup, bruschetta, salad,  
your entree, choice of pasta,  
vegetable, coffee, tea, and dessert.  
All gratuities inclusive.  
(A 5% Mass. tax will be added.)

**Christo's Restaurant**  
664 Suffield St., Rt. 75  
Agawam, MA  
**(413) 786-5711**

*Thank you for 20 years of business!*



### Escape To The



## School Street Bistro

29 School St., Westfield, MA  
Fax or call in your order ahead of time  
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Phone (413) 562-8700

**Friday & Saturday - Nov. 17th & 18th**

### SPECIALS APPETIZER:

**Marsala Shrimp & Vegetable Samosas** - Phyllo pastry with a shrimp and vegetable stuffing with ground spices served with a spicy yogurt dip.

### ENTREES:

**Roast Duckling** - Roast duckling with braised cabbage and Grand Marnier walnut glaze served over wild rice pilaf.

**Grilled Angus Sirloin** - Grilled Angus sirloin served with roasted red bliss potatoes and a grilled garlic bulb with a four peppercorn demi glaze.

### PLAN YOUR OFFICE AND FAMILY PARTIES EARLY!

Enjoy Autumn nights in the Bistro Lounge

Thursday, November 16th - Classical Pianist Vadim  
Friday, November 17th - Piano Vocalist Kevin Burns  
Saturday, November 18th - Pianist Natalie Borowiec

7:00  
P.M. -  
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### NOW ON MONDAYS

*Every Monday Night is Pasta Night* **Special Pasta Dinners \$9.95**

*This special is in addition to our regular menu.*

**EVERY TUESDAY IS**  
**Westfield Night** *Salad, Entree and Dessert* **FOR \$14.95**

### NEW!! WEDNESDAY

**Steak Night \$16.95**

*Watch For Our New Signature Dishes Premiering Sept. 11th*

### Banquet & Function Facilities

*Hours: Mon-Tburs. 11:30 a.m. - 9:00 p.m., Fri 11:30 a.m. - 10:00 p.m.  
Saturday 4:30 - 10:00 p.m. • Sunday 4:00 - 8:30 p.m.*

**Secured Gift Certificates Available Online**

[www.schoolstreetbistro.com](http://www.schoolstreetbistro.com)

## Children's Giving Tree Begins 17th Season

The 17th Annual Children's Giving Tree kicks-off the gift-giving season with a special opening ceremony on Tuesday, November 21st at 10:00 a.m. at Tower Square in downtown Springfield.

Springfield Central High School's Madrigal Singers will perform Christmas Carols while more than 150 children from the Springfield Day Nursery and members of the Springfield Golden Age Club place the first handmade ornaments on the tree.

Now a local tradition, the Children's Giving Tree, sponsored by Hasbro Games, has provided more than 400,000 holiday presents to disadvantaged children.

Three local charities benefit from the Giving Tree; the Community United Way of Pioneer Valley, the Salvation Army Toy for Joy, and the Marine Corps Toys for Tots. Representatives from each organization will join Hasbro's Vice President of Human Resources, Michael Nizolek, for the opening-day festivities.

For more information, please contact Earl Donahue at Hasbro Games, 413-526-2800.

## Stephanie Cox Joins Mass. Army National Guard

Stephanie Cox of Agawam, daughter of Diane Cox, enlisted into the Massachusetts Army National Guard. She will be trained as an MP and will be a drilling member with the 747th MP CO located in Southbridge. PVT Cox will attend Basic and Advanced Individual Training at Ft. Leonardwood, Missouri.

NANCY ALTOBELL

## Nancy Altobelli Passes Mass BAR Exam

Rudy and Peg Altobelli are pleased to announce that their daughter, Nancy Altobelli, has recently passed the Massachusetts BAR Exam.

She is a graduate of Western New England College School of Law. Currently she is working for the Hampden County Sheriff's Department, but soon begins her new job as a Claims Analyst with an insurance company in Simsbury, Connecticut.

## Village Laundry & Dry Cleaning

1340 Springfield Street  
Feeding Hills Center  
**789-2421**

Open: Monday-Friday 7am-7pm  
Saturday 8am-6pm  
Sunday 8am-1pm

Laundry - Dry Cleaning - Repairs - Leathers - Pressing - Storage - Drop Off Service



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### \$1.00 OFF \$5.00 or more of Incoming Dry Cleaning

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*1 Coupon Per Customer Per Day -- Expires 11-30-00*

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### \$5.00 OFF \$25.00 or more of Incoming Dry Cleaning

*(not valid on shirts, leathers or any special promos.)*

*1 Coupon Per Customer Per Day -- Expires 11-30-00*

## Joseph Letourneau Graduates From ROTC Camp

Joseph P. Letourneau has graduated from the Army Reserve Officer Training Corps (ROTC) Camp Challenge at Fort Knox, Ky.

Camp Challenge is a five-week camp designed to qualify college students who have not taken ROTC courses on campus to enter the Advanced Senior ROTC program.

The objectives of the camp are to develop well disciplined, highly motivated, physically conditioned students, and help improve the cadets' self-confidence, initiative, and leadership potential. The cadets receive training in fundamental military skills, basic rifle marksmanship, drill and ceremonies, small arms tactics, and communications.

The cadet is a student at the University of Massachusetts at Amherst.

He is the son of Paul and Dolly Letourneau of Channell Drive, Agawam.

## Community Grange To Hold Bazaar

Community Grange #382 of Feeding Hills will hold their annual bazaar on Saturday, November 18th from 9:00 a.m.-3:00 p.m. at the Grange Hall located at 47 North West Street.

The proceeds from the bazaar will benefit the Holiday Giving Project. Handmade items, a bake sale, grandma's attic, and a snack bar will be available. Tickets for a special raffle, with first prize being a full-size, handmade afghan, will be available.

Other prizes donated by Grange members will round-out the raffle.

## BENEFIT DINNER FOR CONNIE & AL SANDILLO

**MONDAY, NOVEMBER 20th  
6:00-9:00 p.m.**

**BUFFET - BEER - RAFFLE**

**At**

**THE DANTE CLUB  
1198 Memorial Ave.  
West Springfield  
TICKETS: \$20.00**

**Tickets Available At  
Westfield Bank &  
E.B's Restaurant**

*Connie & Al were recently injured in a serious car accident. The dinner will help defray medical costs and show support for Connie & Al.*

## T.J. Miller Studios To Hold Boutique-Style Open House & Sale

If you're on the lookout for "something special" - or just different - in personal or home fashions; gift-giving for the holidays or otherwise; restoration or refurbishing a treasured memorabilia; creating a unique ambience in commercial or residential decor; or dreaming up a memorable scheme for your wedding or other special occasion, you'll want to make note of a special showing coming up this weekend.

T.J. Miller Studios of Original and Custom Design will hold a boutique-style open house and sale on Sunday, November 19th, from 1:00 to 8:00 p.m., and on Monday, November 20th, from 9:00 a.m. to 9:00 p.m., at the Captain Charles Leonard House on Main Street in Agawam. A sampling of T.J.'s talents will be on display and for sale or special ordering in time for the holidays. There will be completed works available and portfolio photos of past creations.

T.J., who has a diversified professional background, now specializes in one-of-a-kind and limited-edition original and custom design for commercial and private clients. Her expertise runs the gamut from country charm to elegant sophistication in designing unique fashions for wardrobe or environment; natural florals from "cottage" to "grand"; unusual gifts and accessories; handcrafted greeting cards; stationery; gift wrap and tags; and "Sentimental Bears"™ and "Sentimental Pillows"™.

From precious furs or fabrics, vintage furnishings with hand-worked specialty finishes and handpainted original artwork, to whatever special projects her clients can dream up, T.J. also designs unique items for momentous occasions (some available for rental).



PICTURED ABOVE ARE JUST SOME OF THE ITEMS that have been sold by T.J. Miller Studios of Original and Custom Design. Ms. Miller will be holding a boutique-style open house and sale at the Captain Leonard House on Sunday, November 19th, and Monday, November 20th.

"Custom and original work do not try to compete with the cut-rate prices of copycat imports or commonplace, mass-produced manufactured goods. By its nature, it's time-consuming and can be expensive. Yet people are usually happily surprised at my affordable fees. And they're always more than pleased with the outcome; I tend to 'go the extra mile,' no matter who or how much is involved," admits T.J.

She continued, "One of my favorite projects was restoring a priceless but hopelessly tattered infant quilt - one of the few items that miraculously survived a house fire where the family lost nearly everything. The quilt had been presented to a little boy at birth by his grandfather, who soon passed away, and it was his

favorite 'blanket.' So I undertook the project with a special little edge of emotional commitment, and it now is restored to heirloom quality."

Ms. Miller is a lover of antiquity and has lived in historic homes in England and the United States. She is currently the hostess and caretaker of the Leonard House, a stately 1800's Colonial listed with the National Register of Historic Places.

Her showing and sale on November 19th and 20th will be held at the House in its "Old Kitchen," with entry to T.J.'s Boutique, "Teres Agnes," through an entrance alongside the driveway. Gift certificates will be available, but T.J. regrets that personal checks and credit cards cannot be accepted.

## Knights Of Columbus To Host "Breakfast With Santa"

The John F. Kennedy Council #5585 of the Knights of Columbus will be hosting a "Breakfast With Santa" Pancake Breakfast on Sunday, December 3rd. The breakfast will be held in St. John's Parish Center on Main St., Agawam.

The breakfast will be served from 7:30 a.m.-1:00 p.m. The price will be \$3 per person, with children 12 and under free. Santa will be there to talk to the kids and hand out presents. Photos with Santa will also be available.

The #5585 Kennedy Knights of Columbus represents members of the four Catholic churches in Agawam and Feeding Hills; St. John the Evangelist, Sacred Heart, St. Theresa/St. Anthony.

Tickets are available from all #5585 Council members and will be available at the door. Chairman of the breakfast is Al Taupier. Committee members are Don Sorel, Jim Coppola, Gerry Parent, Emmett Walsh, Jo Frogameni, Dick Smith, Ralph Minie, and Jim Taupier.

The Kennedy Council recently completed a successful Tootsie Roll Sales Drive on the Agawam/West Springfield bridge during The Big E to raise money for physically and mentally challenged children. The Council came in third place in the District for monies raised.

Thanks to all our friends and neighbors who contributed to this drive.

\* \* \*

*The deadline for our Thanksgiving week edition (Tuesday, November 21st) will be Friday, November 17th, at 5:00 p.m. ...*

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## Jeffrey Smith Accepts Teaching Position At Univ. In Minsk

Jeffrey A. Smith, son of Richard and Elaine Smith, has accepted a position at the European Humanities University in Minsk, the capital of Republic of Belarus, a former republic of the Soviet Union.

He is a visiting lecturer in the Philosophy Department and teaches undergraduate students at the center for gender studies.

Jeff graduated from Agawam High School in 1984 and attended the University of Massachusetts, Amherst and studied cultural anthropology.

He took graduate courses as an undergraduate and completed a six-month ethnographic research project in London, England on squatters, anarchists, punk rock, new age religion, and psychedelic cabaret clubs through The European Field Training Program. He presented this research at the North East Anthropological Association meetings in Montreal, Canada in 1989.

Jeff then attended graduate school at the University of California, Santa Cruz, studying cultural anthropology where he earned a Master's Degree. He spent three years in Hungary doing research for his dissertation towards a PH.D. planning to defend it in 2001.

The dissertation is of political and economic double-binds, humorous trickster tales, portraits of bureaucrats, black-market economics, post-socialist Hungary, and satirical films. It's called "Hungary, Moonlighter's Paradise: From the Land of Iron and Steel to the Land of Irony and Stealing."

Jeff is presently teaching four courses at the University of Belarus, Gender and Sexuality for master's degree students of the Center for Gender Studies and Mass Culture in the Twentieth Century at the Center for Cultural Studies/Philosophy Department. Next year, Jeff will teach The Cold War through Film and Fiction and Visual Anthropology at the Center for Cultural Studies/Philosophy Department.

## Agawam Council On Aging Seeks Essay Entries

Agawam Council on Aging seeks entries to the national "A Trip to Remember" essay contest for seniors 55 and older. This contest rewards the best stories about traveling by Greyhound Bus, and entries can only be submitted through senior centers. The contest is sponsored jointly by Greyhound Lines and the National Council on Aging (NCOA).

Winners will be chosen in 12 categories ranging from romantic stories to stories about trips to historical sites. Storywriters will receive two 7-day Greyhound Ameripasses, a one-year membership in Greyhound Senior Club, and a prepaid calling card. The 12 winning essays, as well as the essays of finalists, will be published in a book. Senior centers that provide the most entries also receive awards.

The contest provides a wonderful opportunity to recall and share a memory. Last year's winners traveled to Washington, D.C., where they received their prizes at the national meeting of The National Council on Aging. This year's winner will receive free round-trip travel for two to New Orleans to receive their prizes at the NCOA's annual conference in March 2001.

Entries must be submitted through the Agawam Senior Center by November 30, 2000. Call Gail at 789-7199 for more information.

\*\*\*

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event.

## St. Patrick's Day Committee Steps Up Outreach

The Agawam St. Patrick's Day Committee held its third meeting at Agawam's American Legion Hall in Feeding Hills on November 9th to discuss its fundraising and business outreach efforts.

Sue Dawson of Agawam was elected colleen committee chairwoman, and has begun a series of meetings towards organizing a Colleen Ball at which Travel Majic of Feeding Hills has offered a seven-day trip for two to the gorgeous Emerald Island itself.

In addition to this generous offer from Travel Majic, Committee members are pleased to note the participation of Six Flags in Agawam and E.B.'s Specialty Chicken. E.B.'s Specialty Chicken has offered assistance with a fundraiser to be announced, while Six Flags has made several generous offers to the float committee. Six Flags has offered a location for the building of floats, a haywagon upon which to build the float, creative support, and trams for transportation.

The Committee has reserved the Faolin Peirce Community Room at the Police Station in Feeding Hills, 681 Springfield St., for the dates of November 29 and December 13, 2000 and January 24, 2001.

The Committee will meet at 7:00 p.m. on these dates, and will also meet on January 3, 2001 at a site to be announced. Everyone in town is invited to participate.

For more details, please e-mail Owen Broadhurst at [thersites2467@hotmail.com](mailto:thersites2467@hotmail.com) or phone Bob Magovern at 786-0244.

\*\*\*

*For all the hometown news, you turn our pages each and every week ... ADVERTISER NEWS!!!*



MICHAEL MCCORMICK & NANCY CUCCOVIA

## Nancy Cuccovia & Michael McCormick To Wed In 2001

Mr. & Mrs. Antonio Cuccovia of Feeding Hills announce the engagement of their daughter, Nancy, to Michael McCormick, son of Mr. & Mrs. William McCormick of Agawam.

Nancy is a 1996 graduate of Agawam High School and a 2000 graduate of Springfield Technical Community College. She is currently employed as a medical laboratory technician in Springfield.

Michael is a 1994 graduate of Agawam High School and a 1999 graduate of Johnson & Wales. He is employed as a chef in Hartford, Connecticut.

The wedding has been planned for November 2001.

## LOST & FOUND



Ellen Rendick, Pam Edge and Jennifer Rendick are now found at The Cutting Edge Salon and Day Spa.

**Hair stylists:** Ellen & Jennifer Rendick are found at *The Cutting Edge Salon and Day Spa*.

They welcome old & new clients to their new location with **20% Off** their 1st visit.

### Also Found :

**Nail Tech :** Pam Edge. Pam is offering **10% Off** a full set of acrylics or 1st fill.

Offers Expire 12-31-00

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**Agawam "Senior Games" Athletes****Christmas Bazaar**

The Agawam Senior Games Athletes will hold a Christmas Bazaar at the Agawam Senior Center on November 18th from 9:00 a.m.-2:00 p.m.

There will be many new and used Christmas items for sale, as well as a coffee and donut corner. We also have a wonderful Christmas raffle consisting of a lovely candle holder with candles, a lovely covered container with many uses, and a handmade scatter rug (26.5"x45"). Raffle tickets are three for \$1 and you have three chances to win a prize.

We hope to see all of our friends come to visit, browse, and enjoy a coffee and donut. We hope to see you on November 18th.

With the many items up for sale, we suggest that you come early for the best choices!

**Gala Christmas Spectacular At Mohegan Sun**

The Agawam Senior Games Athletes will sponsor a trip to Mohegan Sun Casino on Sunday, December 17th to see and hear the Irish Tenors in a **Gala Christmas Spectacular!!!**

The ticket price will be \$30 and will include a \$20 casino package (\$10 free play on the big wheel and a \$10 meal ticket).

We will leave the Senior Center at 11:30 a.m., arriving at the Casino at 1:00 p.m. We will have time for lunch, etc. The show will take place from 3:00-5:00 p.m. Our bus will leave the Casino at 6:00 p.m. and arrive home at approximately 7:30 p.m.

Tickets will go fast for this **extravaganza**, so get your name in early!! Call Vi Presz at 786-3164 or Edie Chiba at 786-5539 for details.



LUIS J. ACEITUNO &amp; ROSEMARIE OPPEDISANO

## Rosemarie Oppedisano Engaged To Wed Luis J. Aceituno

Mr. and Mrs. Michael Oppedisano of Agawam have announced the engagement of their daughter, Rosemarie, to Luis Javier Aceituno of Miami, Florida. He is the son of Luis (Tito) and Carmen Aceituno of Miami.

Rosemarie is a 1996 graduate of Agawam High School and a 1999 graduate of the University of Miami School of Communications. She works with the stage management team at the Coconut Grove Playhouse.

Her fiance is also a graduate of the University of Miami and works as an editor/coordinate for the news room at Miami's FOX affiliate, WSVN.

A June 2001 wedding is planned.

## Agawam Senior Center's Weekly Lunch Menu

Monday, Nov. 20th: Chicken cutlet supreme, potato fries, mixed vegetable, w/w bread, baked apple.

Tuesday, Nov. 21st: Open face turkey sandwich, cream of broccoli soup, cranberry rye bread, brownie.

Wednesday, Nov. 22nd: Swedish meatballs w/egg noodles, green beans, lemon pudding.

Thursday, Nov. 23rd.: Thanksgiving holiday observed (Senior Center closed).

Friday, Nov. 24th: Corn chowder, egg salad sandwich, cuke & tomato salad, pears. (Menu subject to change without notice.)

**Correction...**

In the November 2nd issue of *The Agawam Advertiser News*, it was reported that the Andrew Gallano Award was presented to Nellie Mathias and Harold Davis at the Friends of the Agawam Senior Center/COA Awards Dinner.

The Andrew Gallano Award was presented to Harold Davis. Nellie Mathias was presented the Friendship Award given by the Friends of the Agawam Senior Center.

*If you have dropped off any photos to our office for Boy Scout activities, church events, etc., please pick them up after they appear in The AAN...*

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- Baked Ham
- Roast Beef
- Baked Stuffed Filet of Sole
- Mashed Potatoes
- Salad Bar

- Cranberry Sauce
- Butternut Squash
- Creamed Onions
- w/Peas
- Gravy
- Cornbread
- Cranberry Nut Bread
- Dessert Table
- Coffee, Tea, Milk...



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### Skin Types

**Question:** Now that winter is coming, I have noticed that my oily, combination skin has gotten drier. What is the difference between the skin types and what suggestions do you have for my problem?

**Answer:** First of all, your skin may appear to be oilier in the summer due to the humidity, sunscreen products, and excess perspiration. You probably tend to use stronger cleansing products, thus stripping away important oils and replacing cells that are responsible for retaining the skin's moisture. This may also cause dehydration and premature aging. Now that you spend more time in heated buildings, your skin can indeed become drier.

Use a gentle, non-soap cleanser and follow with an oil-free toner for the T-zone. Give your skin time to "settle" for a while to adjust the natural balance. Apply an oil free moisturizer, and go easy, your skin will only absorb and use a small amount. Always pay special attention to the delicate eye area, using an eye cream to avoid early signs of aging. When applying this product, use your pinkie finger and apply in a gentle tapping motion to avoid stressing the skin.

## Agawam Chamber Of Commerce Schedules Holiday Breakfast

Chez Josef will be the location of the Agawam Chamber of Commerce Holiday Breakfast on Friday, December 8th. The breakfast, sponsored by Dan & Nancy's Antiques, will be held from 7:15-9:00 a.m. at the banquet facility.

Featured holiday entertainment will include dancers from the Shooting Star Dance Studio and the Agawam High School Choir and Musicians. Dave Ratner and Sandy Gentile of Dave's Soda and Pet City, Inc. are slated to appear as guest speakers, featuring various animals during their presentation.

The Agawam Chamber encourages a canned and/or dry goods donation for the Holiday Food Basket to be distributed by the Agawam Junior Women's Club to families in need. Attendees also have the opportunity to bring a raffle prize.

For more information on the Breakfast or to make a reservation, please contact the Chamber offices at 787-1555 or by fax at 731-8530.

## Jr. Women's Club To Hold "Breakfast With Santa"

On Sunday, December 3rd, Santa and Mrs. Claus will be visiting the Agawam Middle School from 9:00 until 11:30 a.m. to meet with all good boys and girls for a pancake and sausage breakfast. All children can bring their letters to Santa, and make sure to include your return address. Photos will be taken with Santa and the children.

The Agawam Junior Women's Club is sponsoring the breakfast. Tickets will be available at the door. Adults are \$3.50, and children are \$2.50.

A collection of non-perishable food will be taken for the Junior Women's Holiday Baskets, which help less fortunate Agawam families have a happy holiday.

There will also be a collection of wireless phones, which will be refurbished, reprogrammed, and distributed to victims in need.

The Agawam Junior Women's Club is a member of the General Federation of Women's Clubs, Junior Membership.

### The Agawam Advertiser News

There are four types of skin; **normal, dry, oily, and combination**. There is no positive category for **sensitive skin** because all four skin types can show signs of sensitivity at one time or another. This can show up as dry flaky patches, red bumps, raised itchy areas, or irritated, burning skin. One more bit of information - using the wrong skin care products can hide your skin's true type.

Remember, too, that your skin is always changing due to shifts in hormones, weather, diet, and the environment. Take the tissue test to find out your skin type.

In the morning when your face is make-up free, cleanse with a mild cleanser and pat dry. Wait one hour and press an open tissue over your face. Look at the tissue and look at your face in the mirror. **Normal skin** will show no signs of residue on the tissue, feels comfortable, and you will not see any shiny spots. **Dry**

skin shows no sign of oil on the tissue, feels uncomfortable, and looks tight or flaky. This happens when the skin does not produce enough oil to retain its own natural moisture. **Oily skin** will show oil all over the tissue and the entire face will look shiny. This usually is caused by a hormone imbalance. **Combination skin** will produce oil on the tissue in the T-zone area (forehead, nose, and chin) and will look shiny in this area as well. The cheek areal will be normal. This is a very common skin type.

No matter what type of skin you have, there are three basic things you will need to do to maintain your complexion; cleanse regularly, hydrate properly, and protect from the elements. After that, you can address your skin's specific problems. Next week I will discuss the care for these skin types.

**Thought for a smile:** old family portraits. And remember... Beauty is our Business!

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|---------------------------------|-------------------|--|-------------------------------------|
| <b>Boneless Bottom Round</b>    |                   |  | <b>Hormel Genoa Salami</b>          |
| <b>Roast</b>                    | <b>\$1.99 Lb.</b> |  | <b>Thumann's Gourmet</b>            |
| <b>Boneless Back Rump Roast</b> | <b>\$2.19 Lb.</b> |  | <b>Turkey Breast</b>                |
| <b>Bottom Round Cubed</b>       |                   |  | <b>Russer Virginia Baked</b>        |
| <b>Steak</b>                    | <b>\$2.89 Lb.</b> |  | <b>Ham</b>                          |
| <b>Bottom Round Stew Beef</b>   | <b>\$2.69 Lb.</b> |  | <b>Russer Kielbasa Loaf</b>         |
| <b>Boneless Rib Eye Steak</b>   | <b>\$5.99 Lb.</b> |  | <b>Russer Low Salt Ham</b>          |
| <b>Boneless Club Steak</b>      | <b>\$6.49 Lb.</b> |  | <b>Storemade (All White Meat)</b>   |
| <b>Boneless Rib Eye Roast</b>   | <b>\$5.49 Lb.</b> |  | <b>Chicken Salad</b>                |
| <b>Boneless New York</b>        |                   |  | <b>PRODUCE</b>                      |
| <b>Strip Steaks</b>             | <b>\$5.99 Lb.</b> |  | <b>Bananas</b>                      |
| <b>Fresh Ground Round</b>       |                   |  | <b>Red Seedless Grapes</b>          |
| <b>5 Lbs. Or More</b>           | <b>\$2.49 Lb.</b> |  | <b>Native Apples (MacIntosh -</b>   |
| <b>10 Lbs. Or More</b>          | <b>\$1.99 Lb.</b> |  | <b>Cortland - Red Delicious)</b>    |
| <b>Fresh Ground Chuck</b>       |                   |  | <b>.49 Lb.</b>                      |
| <b>5 Lbs. Or More</b>           | <b>\$1.69 Lb.</b> |  | <b>Fresh Cranberries</b>            |
| <b>10 Lbs. Or More</b>          | <b>\$1.39 Lb.</b> |  | <b>(1 Lb. Bag)</b>                  |
| <b>Boneless Center Cut</b>      |                   |  | <b>\$1.39 Lb.</b>                   |
| <b>Pork Roast</b>               | <b>\$2.89 Lb.</b> |  | <b>Fresh Turnip</b>                 |
| <b>Boneless Center Cut</b>      |                   |  | <b>Butternut &amp; Acorn Squash</b> |
| <b>Pork Cutlets</b>             | <b>\$2.99 Lb.</b> |  | <b>Iceberg Lettuce</b>              |
| <b>Grade "A" Chicken Breast</b> |                   |  | <b>Fresh Yams</b>                   |
| <b>Whole</b>                    | <b>.99 Lb.</b>    |  | <b>Onions (3 Lb. Bag)</b>           |
| <b>Split</b>                    | <b>\$1.19 Lb.</b> |  | <b>Local Potatoes (10 Lb. Bag)</b>  |
| <b>Frozen Cornish Hens</b>      | <b>\$1.19 Lb.</b> |  | <b>DAIRY &amp; FROZEN</b>           |
| <b>Whole Butt Tenderloins</b>   |                   |  | <b>Friendly Ice Cream</b>           |
| <b>(Cut To Order)</b>           | <b>\$5.69 Lb.</b> |  | <b>(1/2 Gal.)</b>                   |
|                                 |                   |  | <b>2 For \$5.00</b>                 |
|                                 |                   |  | <b>Hood 1% Low Fat Milk (Gal.)</b>  |
|                                 |                   |  | <b>\$2.19</b>                       |
|                                 |                   |  | <b>Hood Golden Egg Nog</b>          |
|                                 |                   |  | <b>\$1.99 Qt.</b>                   |
|                                 |                   |  | <b>Grade "A" Sweet Life</b>         |
|                                 |                   |  | <b>Jumbo Eggs (Doz.)</b>            |
|                                 |                   |  | <b>.99</b>                          |
|                                 |                   |  | <b>SEAFOOD</b>                      |
| <b>Land O' Lakes White</b>      |                   |  | <b>Frozen Scrod Fillet</b>          |
| <b>American Cheese</b>          | <b>\$3.99 Lb.</b> |  | <b>\$4.99 Lb.</b>                   |
| <b>Wispride Cheese Balls</b>    |                   |  | <b>Frozen Cooked Shrimp</b>         |
| <b>Sharp Or Port Wine</b>       | <b>\$2.99 Ea.</b> |  | <b>(31-40 Count)</b>                |
| <b>Russer German Bologna</b>    | <b>\$1.69 Lb.</b> |  | <b>\$9.95 Lb.</b>                   |

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**American Cheese**  
**Whole 5 Lb. Loaf - Sliced**  
**\$10.99**



# Church News

## Weekly News And Notes From Feeding Hills Congregational Church

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills. Our Sunday Service of Worship begins at 10:00 a.m. Diane Ball will be again joining us to lead worship.

Diane Fiejdasz will be Lector. Ushers will be Ben & Sharon Rozanski. Children, who are invited to attend worship with adults, may leave when indicated for Sunday School. Nursery care is provided for the very young.

\*\*\*  
Thank you to all those who helped with the Chicken Pie Supper held last week. It was a great success!!

\*\*\*  
The final of three Adult Spiritual Retreats will take place here on Friday, November 17th, from 7:30 until 9:30 p.m. Previous attendance is not required.

\*\*\*  
Members of this church are invited to participate in an ecumenical Thanksgiving Worship Service to be held on Sunday, November 19th at St. David's Episcopal Church beginning at 4:00 p.m.

\*\*\*  
All members should have received a mailing with information about Stewardship Sunday, which will be November 19th.

\*\*\*  
Confirmation Class members should note on their calendars that a trip is planned to Sinai Temple on Friday, December 8th. Please meet at this church at

6:45 p.m.

\*\*\*

Be our guest! The Agawam Parish Association will be hosting the third annual Kathy Manley Memorial Thanksgiving Day Dinner on Thursday, November 23rd, at Feeding Hills Congregational Church from 12:00 noon until 3:00 p.m. Everyone in town is invited to come and enjoy a meal. If you are interested in volunteering to help make this event a success, please contact Art Theobald, volunteer supervisor, at 789-4271. If you would like a ride to the church or a meal delivered to you, please call Carol at 786-1912.

\*\*\*

On the calendar:

**Friday, Nov. 17th:** 7:30 p.m., Adult Spiritual Retreat.

**Sunday, Nov. 19th:** 10:00 a.m., Stewardship Sunday/Sunday School; 12:00 noon, Church of Redemption; 2:00 p.m., Cub Scout Pack meeting.

**Monday, Nov. 20th:** 3:30 p.m., Girl Scouts; 6:30 p.m., Cub Scouts; 7:30 p.m., Worship Committee.

**Tuesday, Nov. 21st:** 3:00 p.m., Girl Scouts; 7:00 p.m., A.A.; 7:30 p.m., Lay Minister - Membership Development.

**Wednesday, Nov. 22nd:** 3:00 p.m., Girl Scouts; 6:30 p.m., Girl Scouts; 7:30 p.m., Choir.

**Thursday, Nov. 23rd:** Thanksgiving Day (office closed); 12:00-3:00 p.m., Community Thanksgiving Dinner; 7:00 p.m., AA; 7:00 p.m., COR.

## Activities At St. Anthony's & St. Theresa's

### MASS SCHEDULE

- \* **Monday-Wednesday:** 9:00 a.m., St. Theresa.
- \* **Thursday:** 7:00 p.m., St. Theresa.
- \* **Friday & Saturday:** 9:00 a.m., St. Anthony.
- \* **Saturday:** 4:30 p.m., St. Theresa.
- \* **Sunday:** 8:30 a.m., St. Anthony; 11:00 a.m., St. Theresa.

\* **Holy Day Vigil:** 6:00 p.m., St. Anthony.

\* **Holy Day:** 9:00 a.m./6:00 p.m., St. Theresa.

\* **Rosary:** One half-hour before daily Mass.

### CALENDAR OF EVENTS

\* **Thurs., Nov. 16th:** 7:30 p.m., 11:00 Choir Rehearsal at St. Theresa's; 7:45 p.m., Finance Council meeting at St. Theresa Rectory.

\* **Monday, Nov. 20th:** 6:00 p.m., 8:30 and 11:00 Choirs rehearse at St. Anthony's; 7:00 p.m., CCD.

\* **Tuesday, Nov. 21st:** 7:00 p.m., Women's Guild will meet in the Parish Hall and will make "shell angels."

\* **Wednesday, Nov. 22nd:** NO CANTATA REHEARSAL.

\* **Thursday, Nov. 23rd:** 9:00 a.m., Thanksgiving Mass at St. Theresa's. To share our Thanksgiving with the St. Anthony/St. Theresa family, each family attending this Mass is asked to bring any type of bread with them. The breads will be blessed during the liturgy, and each family will then take home a different loaf than the one they brought. NO 7:00 P.M. MASS.

\* **Sunday, Nov. 26th:** 9:15 A.M., CCD for grades K-6.

\* **Monday, Nov. 27th:** 6:00 p.m., 8:30 and 11:00 Choir Rehearsal at St. Anthony's; 7:00 p.m., CCD.

\* **Tuesday, Nov. 28th:** 6:30 p.m., Adult Bible Study meets in St. Anthony's Hall.

\* **Wednesday, Nov. 29th:** 7:00 p.m., Cantata Rehearsal at St. Anthony's.

\* **Friday, Dec. 1st:** 6:30 p.m., St. Anthony/St. Theresa 3rd Annual Family Christmas Party held at Storrowton Carriage House, West Springfield.

\* \* \* \* \*

## An Exciting New Event For The Christmas Season At Agawam Congregational Church

The Agawam Congregational Church on Main Street will be hosting an exciting new event for Christmas this year - the "Christmas Tree Festival" on Friday evening, December 1st, from 7:00 to 9:00 p.m.

We will be selling two-, three-, four-, and five-lighted, themed, and decorated artificial trees and wreaths (as well as other larger Christmas decorations) at this evening event for the church and the community.

Lighted candles in the windows and lighted trees

will all add to the atmosphere.

We encourage everyone to join us in this gala event; if not to buy a tree, then to see the trees and share the holiday spirit.

There will be a small admission fee, and light refreshments will be served.

Save the date of December 1st to buy your Christmas decorations for this year. You'll be very happy you did!

\* \* \* \* \*

*The deadline for our Thanksgiving week edition (Tuesday, November 21st) will be Friday, November 17th, at 5:00 p.m.*

\* \* \* \* \*

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submitted by  
**Rev. Peter Monahan**  
Pastor of the New Life  
Christian Church,  
Suffield, CT  
(413) 789-1377 or  
toll free (877) 643-9801

### Signs Of The Times...

It's not quite Thanksgiving yet, but already the early signs of Christmas are appearing. The days are getting shorter. The air is getting crisper. And, as if that was not enough, already some retailers have put out their Christmas decorations.

How lucky for us that the early warning signs of the upcoming Christmas season are out there, alerting us to start getting ready. There were early warning signs alerting people some 2,000 years ago that there would be a first Christmas. Sadly, many people missed the event, either because they weren't paying attention, or they were ignorant of the significance of the signs.

In hindsight, the signs of that first Christmas, when Jesus first appeared, to be for any and all the Savior, are readily apparent. We're pretty much familiar with many of them, and they shall be repeated during the holiday celebrations. In fairness, however, it might be said that the predictions and prophecies concerning the coming of the Messiah might not have made sense to everybody beforehand.

Just as there was plenty of notice about Jesus' first coming, so too there is plenty of notice regarding

### The Agawam Advertiser News

Jesus' second coming. For example, in the sixth century B.C. Daniel the prophet had visions, which he recorded, about the end times and Jesus' second coming.

*"At that time Michael, the mighty angelic prince who stands guard over your nation, will stand up [and fight for you in heaven against satanic forces], and there will be a time of anguish for the Jews greater than any previous suffering in Jewish history."* This might very well be a reference to the Holocaust, a tragic event of unparalleled suffering for any people, including but not limited to the Jewish people. Daniel went on to record a directive from God, *"But Daniel, keep this prophecy a secret; seal it up so that it will not be understood until the end times, when travel and education shall be vastly increased."*

Speaking about the tribulations His followers would have to endure, Jesus said *"When you see the terrible thing standing in the Temple" (reader, pay attention!), "flee, if you can, to the hills. Hurry! If you are on the rooftop porch, don't even go back into the house. If you are out in the fields, don't even return for your money or clothes. For these will be days of such horror as have never been since the beginning of God's creation, nor will be ever again. And unless the Lord shortens that time of calamity, not a soul in all the earth will survive. But for the sake of His chosen ones He will limit those days. And then if anyone tells you, 'This is the Messiah' or 'That one is,' don't pay any attention. For there will be many false Messiahs and false prophets who will do wonderful miracles that would deceive, if possible, even God's own children. Take care! I have warned you! After the*

*tribulation ends, then the sun will grow dim and the moon will not shine, and the stars will fall - the heavens will convulse. Then all mankind will see Me, the Messiah, coming in the clouds with great power and glory. And I will send out the angels to gather together My chosen ones from all over the world - from the farthest bounds of earth and heaven. Now, here is a lesson from the fig tree. When its buds become tender and its leaves begin to sprout, you know that spring has come. And when you see these things happening that I've described, you can be sure that My return is very near, that I am right at the door. Yes, these are the events that will signal the end of the age. Heaven and earth shall disappear, but My words stand sure forever. Watch for My return! This is My message to you and to everybody else."*

It may be that not all the Biblical prophecies about Jesus' second coming make sense to us, just as some of the Biblical prophecies about Jesus' first coming may have mystified people 2,000 years ago. But there are things which each of us can at least partially perceive, and heed.

The Bible warns us that the end times will not be any easy time for anybody, including, perhaps even especially, for those who want to live in fellowship with God. But it encourages us as well, with God's gracious promises. *Don't ever forget those wonderful days when you first learned about Christ. Do not let this happy trust in the Lord die away, no matter what happens. Remember your reward! You need to keep on patiently doing God's will if you want Him to do for you all that He has promised. His coming will not be delayed much longer.*

## Parish Announcements From St. John's Church

**PARISH WEB SITE:** Our Web Site has been completed and is up and running. The NEW Ministry Schedules are posted should you lose your printed copy. Suggestions welcomed. [www.stjohnvangelistchurch.org](http://www.stjohnvangelistchurch.org).

**GIVING TREE:** Our special parish project, THE GIVING TREE, is well under way again. We have been gathering the names of needy families and the process of organizing all the details is well under way. The tree will appear on the first Sunday of Advent for your participation.

**ANNUAL BAZAAR - DEC. 2ND:** The Annual Bazaar is less than a month away. Have you returned your raffle stubs? We need your help to make this year's fundraiser for the parish the best yet! The Jewelry Booth could use any old jewelry. Just drop it off at the Parish Office as "Jewelry."

**CATHEDRAL HIGH** will have an OPEN HOUSE, Tuesday, Nov. 14th starting at 6:30 p.m. at the school. Prospective students and parents will have a tour, learn about curriculum. For more info, call 782-5285.

**SCRIPTURE FROM SCRATCH:** Our new program

for all who would like to take a basic look at the Bible continues on Thurs. nights at 7:00 p.m.

**PRESCHOOL SUNDAY PROGRAM:** We have begun our Preschool Program for children ages 3-5 in the lower Church during the 9:30 Mass each Sunday. We hope families will find this a helpful service.

**PARISH PLAY GROUP:** The Parish Play Group meets in the lower Church each Tuesday morning from 9:30-11:00 a.m. For info, call Julianne Rossi at 786-3744.

\*\*\*\*\*

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.

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# Activities And Events At Agawam Congregational Church

Sunday, November 19th will be Youth Sunday and Blanket Sunday, with Rev. Earl speaking on: "The 10 Commandments of ThanksLiving." During the morning worship, child care is available for infants and toddlers. The Senior Choir, under the leadership of Ellen Cogen, will be singing. Pastor Earl and his wife, Barbara, are members of the Order of St. Luke (an ecumenical world-wide healing organization) and are available for prayer after the service. Also, following the service there is a fellowship hour in Bryan Hall.

**Wednesday - 7:45 a.m. Men's Prayer:** Men are invited to join the Men's Prayer Time, which meets at 7:45 a.m. each Wednesday morning. We read from the devotional guide "Upper Room" for meditation and discussion, with time for coffee and fellowship. This is a great time for men to come together and be strengthened. All are welcomed.

**There will be no Wednesday - 7:00 p.m. Midweek Service This Week:** The office will be closed November 23rd and 24th in observance of Thanksgiving. There will be an Ecumenical Thanksgiving Service on November 19th at 4:00 p.m. at St. David's Episcopal Church, 699 Springfield Street, Feeding Hills.

**Sunday Afternoon at 4:00 p.m. "Grief Share: Your Journey From Mourning To Joy"** continues in the Friendship Room. This is a grief support group led by Pastor Earl and his wife. There is a video presentation on such topics as "When Your Dreams Fall Apart,"

"The Session of Grief," and "Growing Through Grief." The series is Christ-centered and Biblically-based, and includes sharing and healing prayer. This is open to all who are struggling with the loss of loved ones.

**Youth Fundraiser - Christmas Wreaths (\$10)** - You may sign-up at the coffee hour or call Debbie Most at 789-1195.

**New members** will be received on December 3rd, and there will be an orientation meeting with prospective members on November 19th and 26th from 7:00 to 8:30 p.m. in the Friendship Room. Please call the church office at 786-7111.

**Our Christmas Bazaar** will be held on November 18th. We need your help! We are looking for baked goods, candy, craft items, and clothing in mint condition for the Clothes Boutique.

**Sunday, November 19th is "Blanket Sunday."** Lou & Matt Blackak will be in the Narthex on November 19th to take donations for blankets. These blankets are \$5 and are used for the needy in the area and around the world.

Members of the community are invited to participate in all the church events. For further information, the church office is open from 8:30 a.m. to 12:30 p.m. every weekday; call 786-7111.

## City-Wide Thanksgiving Service On Nov. 19th

On Sunday, November 19th at 4:00 p.m., the Agawam Clergy Association will again sponsor its annual City-Wide Thanksgiving Service.

Featuring clergy and lay leaders from churches throughout the community, as well as worship leaders from several parishes, the service will be held this year at St. David's Episcopal Church, 699 Springfield St., Feeding Hills (next door to the Agawam Police Station).

The service will feature singing, prayer, a time to give thanks, and a message from the Rev. Mercy Barnes, formerly of First Baptist Church in Agawam, speaking on her upcoming work with husband Rick as missionaries in Baja, California and Mexico.

Following the on-hour service, refreshments will be served.

The public is cordially invited to attend.

**"Church News" is one reason why you turn our pages ... AAN!!!**

### Jesus Is Coming

The Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. -1 Th. 4:16

A Scottish preacher once said, "The doctrine of the Lord's second coming, as it appears in the New Testament, is like a lofty mountain that dominates the entire landscape."

Commenting on that statement, author A. J. Gordon adds, "No matter what road you take, no matter what pass you tread, you will find the mountain bursting on your vision at every turn of the way, and at every parting of the hills. What first struck me in reading the New Testament was this: Whatever doctrine I was pursuing, whatever precept I was enforcing, I found it fronting toward and terminating in the hope of the Lord's second coming. All paths of obedience and service lead on to that mountain."

Someone has pointed out that there are more than 300 references to Christ's return in the New Testament. One fact is clear-Jesus is coming back. Each day we are getting closer to that climactic moment. Today could be the day!

Are you ready? Knowing that Christ could return at any moment is a blessed hope and a comfort to all who have put their faith in Him (1 Th. 4:18; 5:11; Ti. 2:13). But He is also coming in fiery judgment on those who don't know Him and who reject the gospel (2 Th. 1:7-9).

Be ready! Jesus is coming! -RWD

The Lord has said He will return  
To judge the world someday;  
Are you prepared for Him to come  
Or hoping for delay? -Sper

Don't complain about what this world is coming to; proclaim the One who is coming to this world.

## Calendar From Valley Comm. Church

The Valley Community Church at 152 S. Westfield St. in Feeding Hills extends a warm invitation to those who seek the Lord and would like to know more of His teachings and the Word of God.

We welcome you to our lovely sanctuary high on the hill for worship and fellowship. Here are some upcoming services, events, and activities:

**Thurs., Nov. 16th:** 7:00 p.m., Open Bible discussion with Pastor deJongh; 8:00 p.m., Parish Life meeting to discuss upcoming Dec. 15th Potluck Supper and Red Door Theatre event, "The Birth."

**Sunday, Nov. 19th:** 9:30 a.m., Sunday Worship Service, Pastor Gene deJongh preaching (Cherub and Junior Worship Service conducted in Dunn Hall); 10:30 a.m., Fellowship and refreshments; 11:00 a.m., Adult Christian Education and Sunday School, all ages; 4:00 p.m., Ecumenical Thanksgiving Service at St. David's Episcopal Church.

**Tuesday, Nov. 21st:** 7:00 p.m., By-Laws Committee meeting.

**Wednesday, Nov. 22nd:** 7:00 p.m., Senior Choir rehearsal.

**Thursday, Nov. 23rd:** \* Thanksgiving Day - "Praise God From Who All Blessings Flow"; 12:00-3:00 p.m., Kathy Manley Thanksgiving Dinner at Feeding Hills Congregational Church. (Kathy was a life-long member and contributor to Valley Community Church. All are invited to attend this dinner named in memory of her.)

**Sunday, Nov. 26th:** 9:30 a.m., Sunday Worship Service, Pastor Gene deJongh preaching; 3:00 p.m., Organizational meeting for the 7th Annual Boar's Head Festival to be held Jan. 5, 2001 at Valley Community Church. The community is welcome to participate. If interested, come to the Red Door Theatre for the meeting (next to the church) or call 789-2026.

Valley Community Church is a non-denominational church.

If you would like more information or wish to speak to our shepherd Pastor Gene deJongh, please call 786-2445.

## Fran's Restaurant

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Feeding Hills Center  
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## News From Faith Bible Church

Sunday, November 19th at 5:00 p.m., we will be serving our annual Thanksgiving Dinner. We invite all to come and share in this wonderful time. The food and fellowship will be well worth the trip. The dinner is held at the church at 370 Shoemaker Lane.

\*\*\*

Our Christmas choir will be rehearsing on Monday evenings through November and also Saturday mornings through the month of December. Mondays are 6:45-8:00 p.m. and Saturdays will be from 11:00 a.m.-12:00 noon.

\*\*\*

Anyone interested in becoming a new member or being baptized should see Marilyn Cote, as this will be happening again on November 26th. Marilyn can be reached at 732-5687.

\*\*\*

Our Building Dedication Service has been rescheduled for Sunday, December 10th at 2:00 p.m. We are going to have a special time, as this has been a prayer answered. We have outgrown our previous building and with much hard work and many prayers, we have a new addition to our building that will give us much-needed room. Come see what we are so excited about on December 10th at 2:00 p.m.

## Public Invited To Agawam United Methodist

As Thanksgiving approaches, the members of the Agawam United Methodist Church cordially invite all persons looking for a place to worship to their Sunday morning service at 9:30 a.m. We are conveniently located at 459 Mill Street, opposite the Agawam High School.

This Sunday will be our Thanksgiving service, and we are asking those who attend this service to bring in a non-perishable food item to be donated to the Open Pantry of Agawam-West Springfield.

We are very fortunate to have the Rev. Walter Woitasek and his wife, Dorothy, with us for the month of November. You will find them very inspirational.

Rev. Woitasek's sermon is entitled "WHY ME LORD," and Dorothy's scripture reading will be Joel 2: 21-27. Our morning theme is THANKFUL HEARTS/THANKFUL LIVES.

The choir and organist will perform the anthem "We Thank Thee, O Lord," and we would love to have you join us for this day of Thanksgiving 2000.

\* \* \*

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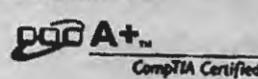


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## Agawam Parish Association To Hold Kathy Manley Thanksgiving Dinner

The Agawam Parish Association is planning the third Agawam Community Thanksgiving Dinner, now known as the *Kathy Manley Memorial Thanksgiving Day Dinner*. The dinner will be held on Thanksgiving Day, November 23rd, from 12:00 noon until 3:00 p.m. at the Feeding Hills Congregational Church, 21 North Westfield Street, Feeding Hills (near Dunkin' Donuts).

At this event, the churches of the Agawam community will come together as one body in preparing and serving the meal. Volunteers will provide the work.

This Thanksgiving dinner is for everyone in the Agawam community who wants to be with their neighbors on this special day. In coming together, we seek to share not only food, but also friendship with any who would be alone or who would like to join with others on this festive occasion.

Meals will be delivered to shut-ins, on-duty firefighters, police officers, and to those with family members in area hospitals. Transportation for those who need a ride to the dinner will be provided.

In 1981, the West Springfield Parish Association began the tradition by serving 120 meals. By 1997,

the event had grown to the point at which over 1,000 meals were served, including about 150 to Agawam residents.

Now, we in Agawam have branched out from West Springfield's initiative and provide a similar service in our own community.

We offer the meal without charge. We rely solely on the contributions of money, food, and volunteer help. We ask that you consider this worthy cause, and we invite you to participate in any way possible.

Please make checks payable to: Agawam Parish Association, P.O. Box 267, Agawam, MA 01001.

Donations of food may be delivered to: Feeding Hills Congregational Church, 21 North Westfield Street, Feeding Hills, MA 01030. Tel.: 786-6051 (M-Th 9:00 a.m. - 12:00 noon).

Volunteers may call: Art Theobald, 789-4271; Rev. Rob Donaldson, 786-5061 (FAX 786-0694); or e-mail at [feedinghillsucc@juno.com](mailto:feedinghillsucc@juno.com).

The members of the Agawam Parish Association say, "May God's blessings be with you this Thanksgiving."

## Second Annual Christmas Cantata On Dec. 10th

REJOICE! THERE IS SOMETHING GOING ON IN BETHLEHEM!

On Sunday, December 10th, at 7:00 p.m. at St. Theresa of the Child Jesus Church, 74 Bridge Street, the combined choirs from St. Anthony of Padua Church and St. Theresa of the Child Jesus Church,

will present a heartwarming story celebrating the birth of our Lord, with the story acted out by the children from the CCD classes.

The public is invited to enjoy and "See How Bright He Shines." Following the program, refreshments will be served at St. Anthony's Hall.

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## Ag. Baptist Church To Host "Holidays In The Park"

Agawam Baptist Church, 760 Main St., will host Holidays in the Park, November 18th, from 9:00 a.m.-2:30 p.m. Booths will include jewelry, candy, holiday decorations, crafts, and books. There will be a food sale with pies, breads, baked beans, cookies, and cakes.

Picnic lunches will be for sale. Sit, relax, and enjoy your lunch while listening to live music by Randy Spaulding and Jim White. There will be fun for the kids with facing painting and and "ice fishing" grab bag. The tag sale could provide you with the opportunity to find what you have always wanted!

In addition to the special attraction, "Toolie" the Clown, you will have an opportunity to win a beautiful basket. Choose from dozens of baskets filled with wonderful gifts. There will also be door prizes and much more!

## Holly Wreath Bazaar At Agawam Congregational

A Holly Wreath Bazaar will be held at Agawam Congregational Church, 745 Main Street, Agawam, on Saturday, November 18th, from 10:00 a.m. to 3:00 p.m.

Homebaked foods, dried flowers, wreaths, house plants, fresh Christmas holly and greens, handmade gifts, crafts, stylish clothes from our popular boutique, candy, attic treasures, and a children's corner for our youngest patrons are a few of the items that will be featured.

The Christmas Angel Cafe will be open from 11:00 a.m. to 2:00 p.m., serving three complete delicious lunch choices: 1) seafood salad plate with roll, pickles, and chips; 2) a ham or an egg salad sandwich plate with pickles or chips; or 3) hot chicken vegetable soup and a half-sandwich, with choice of egg salad, ham salad, or seafood salad. Dessert will be a brownie with ice cream and chocolate sauce, or fruit compote (sugarless). Coffee or tea will be included.

A delightful food basket, including homemade goodies and many other treats, will be the raffle prize. Be sure to buy your tickets ... YOU could be the lucky winner!

## First Baptist's Trading Post To Hold "Sale Day"

Call your neighbors and friends and come to the First Baptist Church, 760 Main St., Agawam for the Trading Post's "Sale Day" to be held Wednesday, November 29th from 10:00 a.m.-5:30 p.m.

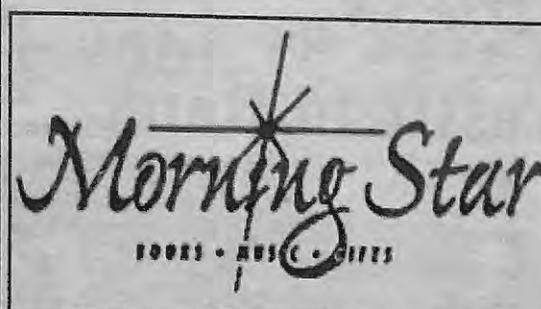
Upstairs, save 50%; downstairs, save 20%. There will be a \$4 Bag Sale featured from 4:00-5:30 p.m.

Included in the sale will be fantastic buys on misses, juniors, men's apparel, stylish stouts, children's clothing, baby articles, coats, jackets, jerseys, sweaters, blouses, jeans, slacks, skirts, shoes, boots, skates, household items, and knicknacks. (Please, no incoming items on sale day.)

We hope to see you all there!!

\*\*\*

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#### Super Sale Notes:

- \* Tell your friends and family as they won't want to miss this one day super sale!
- \* Snow Day (make-up day) the following Friday, November 24, 2000.
- \* Drawing for over \$1,000,000 in prizes, including five \$100.00 gift certificates.
- \* The retail price is the suggested retail price by the publisher. (On pricing labels with two numbers, it is generally the top number.) At Morning Star and Noah's Place you save money on thousands of items with our everyday lower prices. For the one day sale, the suggested price is used.
- \* 9:00 A.M. till 9:00 P.M.
- \* Sales and specials do not apply to special orders nor can be combined with other offers.
- \* Every item in the store is at least 20% off the retail price!
- \* Please, no lay-a-ways or Church Purchases/Charges.
- \* The sales applies to in-stock items only. Supplies are limited!

#### Store Notes:

- \* Did you know that at Noah's Place and Morning Star we take \$2.00 off every CD every day of the year, and that every Leather Study Bible is at least \$10.00 off, plus 24 Karat Gold Free Name Engraving!
- \* In February of 2001 we will be sponsoring four theaters for the showing of the "Left Behind" movie! Please ask for details and when the movie comes out please bring a friend. Your prayers and support are appreciated.
- \* We are your stores for Service, Selection and Value!

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**25% OFF:** All Christmas Gift Items (Example: Snowmen!) Are 25% Off!

- \* All Pictures And Plaques Are 25% Off! (Sorry: Does Not Include Limited Edition Artwork.)
- \* All NIV Bibles Are At Least 25% Off - Like The NIV Life Application Bible, Reg. \$64.98, Super Sale Price Of Only \$47.98 - WOW!! (Plus Free Name Engraving.) All Other Bibles Are At Least 20% Off With Free Name Engraving (\$39.98 Min.)!!
- \* All T-Shirts Are 25% Off! All Books By Joyce Meyers Are 25% Off!

**30% OFF:** All Books By Max Lucado And Phillip Yancey Are 30% Off!

- \* 30% Off All Children's Books!! 30% Off All Jewelry Items!!
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- \* The "Beginner's Bible" - Half Price - Sale Price \$8.49!!

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- \* Buy All \$11.98 Cassettes At Only \$8.88! And For Every Four Tapes You Buy You Get One FRREEEEEEE! Another Savings Of Over 40% Off!!

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# Spotlight on Business

## Cider & Sweets At Westfield Bank



**THE STAFF OF THE AGAWAM BRANCH OF WESTFIELD BANK** on Main Street, Agawam Center, once again delighted customers on Halloween by dressing in costumes for the October 31st event. Customers were served cider and sweets as well. Back row - Donna Ruccio, Donna Kennedy, Damaris Verdejo, and Hope Paulin. Kneeling - Kathy Baillargeon and Sheryl Fleming. Advertiser News photo by Kathy Shepard.

*With Help From Massport....*

## Agawam Firm Toys With European Trade

The international toy fair market is more than competitive; it is a waiting game.

An Agawam manufacturer of craft kits wanted to participate in the 1999 premier Toy Fair in Nuremberg, Germany, but found there was a five-year waiting list.

Instead of waiting, he turned to the Massachusetts Port Authority's Trade Development Department for assistance. He teamed up with Massport, joining their booth at the fair. He landed international business that added up to about \$50,000 in new sales, resulting in four tons of product shipped through the Port of Boston.

"Imagine, there was at least a five-year wait," said Steve Graham, president of the small special manufacturer of craft kits. "Massport's Trade Development team here and in Germany made it so easy for us. They arranged for me to join their show space and Massport trade reps provided services - setting up appointments and translating for free. Of course, I paid for my transportation, lodging, etc., but there was no charge for the experience and expertise that Massport brought to the table."

Toner Plastics is a relatively small company with 29 employees. Graham admits that even if the company

had landed exhibition space at the show, he would have been at a loss.

"The German show is totally different from any trade shows I've done in the U.S., especially in the way of doing business," said Graham.

In the U.S., Graham sells directly to retailers; chain stores like Wal-Mart, Ames, and other places that place Toner plastics throughout their stores. In Europe, manufacturers deal with distributors to reach retailers.

"Doing business abroad is different," said Charles Yelen, director of Massport's International Marketing Department. "Our Trade Development Department representatives help Massachusetts manufacturers manage the labyrinth of international trade. By doing so, the Commonwealth can stay economically competitive with other states. The service we offer benefits manufacturers, working families, and ultimately, Massport because additional products get shipped through Logan Airport and the Port of Boston."

Graham's first incursion into the European toy market was the 1999 Nuremberg Toy Fair where he dis-

SEE TONER - Page 23

## This Thanksgiving, Give Them Something To Feast Their Eyes On.

**Thanksgiving is Thursday, November 23rd.**

What a delicious idea. Order flowers for your Thanksgiving table. It's everybody's favorite dish.

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## Travel Talk...

by Lori Keeley, CTC  
Travel Connections, LTD  
10 Chestnut Street  
West Springfield, MA 01089  
(413) 732-1313

### Disney Cruise Line Offers Special Springtime Cruise Vacation Package

Sail into spring with incredible savings from Disney Cruise Line. Disney Cruise Line's Springtime Magic Package is available for seven-night cruise vacations taking place between April 19 and May 27, 2001.

The Seven-Night Land and Sea Vacation and the seven-night cruise packages start at \$899 per adult (based on double occupancy), \$499 per child (ages 3-17) for a category 11, inside stateroom.

The Land & Sea Vacation includes accommodations at a moderate Disney resort hotel and combines the excitement of the Walt Disney World Resort with the enchantment of a Disney Cruise Line voyage to The Bahamas.

Disney Cruise Line's seven-night eastern Caribbean cruise vacation offers a world-class cruise experience with stops in the popular ports of St. Maarten and St. Thomas, with excursions to St. John, and Castaway Cay, Disney's private Bahamian island.

For more information on Disney Cruise Line or to book a Disney Cruise Vacations Springtime Magic Package, visit Travel Connections, LTD today.

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## WHO IS Kevin Rhodes?

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played craft kits containing beads and colorful strips of plastic, commonly called gimp, for stringing beads and braiding. His goal was to generate about 10 percent of his annual sales in new business to Europe on a five-year period.

"Massport's Berlin office representative set up appointments with buyers and distributors for Steve with distributors interested in his products, and helped with translations," said Charles Yelen, director of International Marketing.

Graham said, "I met more buyers in that one week than I could have otherwise in a year. This year, I joined Massport again."

Graham says European sales for 2000 run about \$110,000 to \$120,000.

"One of the distributors sells our product in France, Switzerland, and the Netherlands as well," says Graham. "And there's an added bonus. I've landed a new source for cording, so now I'm importing from Poland and Hungary.

"This allows us to stay competitive," said Graham. "I couldn't have done this without Massport's help."

\*\*\*

If you visit the Advertiser News' new office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Please park on the side of the building and use the back entrance.

Thank you...



## Domestic Law Issues...

From The Law Offices Of  
Patricia M. Hebert, P.C.  
360 Springfield Street  
Agawam  
(413) 786-2211

### Domestic Law Issues

**Questions:** I have a pension at "Y" Corporation, where I have been working for 10 years. My husband has a pension at "X" Corporation, where he has been working for 15 years. We have been married for 20 years. My husband tells me that when we get divorced, I will keep my pension and that he will keep his pension. My divorce attorney says we can waive our rights to each other's pension benefits. Am I entitled to any portion of my husband's pension?

**Answer:** Pension benefits are a form of assets which are subject to a division in a divorce action under M.G.L. (Mass. General Law), Chapter 208, Section 34. That statute enumerates the 15 factors which the court must consider in the division of all assets. Pension benefits are often misunderstood and not appropriately valued.

Pension benefits are usually offered to employees of large corporations. They are often a valuable future benefit to long-term employees. Pension benefits may be contributory; i.e., the employee pays a portion of his/her paycheck into a certain fund, or they may be non-contributory; i.e., all the money placed into the pension fund comes from the employer. The employ-

ee contributes nothing. If you see the words "TSP," "Deferred Compensation," or "Pension" on your paycheck stub, this is a clue that a pension fund exists.

Your attorney should show you a document from your employer and one from your husband's employer which describes the existence and terms of each pension fund provided and all pertinent information about the fund. Often the employment document also describes a contribution value and may state the retirement value of both plans. Your attorney may also instruct you to obtain the present day value of each plan.

Present day value is important to determine the value of the retirement for the purposes of division in a desired action. A factor may be the time differential between the length of the marriage and the length of the parties' employment with the company. This is called "marital coveture." To obtain the present day cash value, your attorney will probably hire a pension appraiser, at your expense.

Once you know the present day value of each plan, as well as the retirement value, you are now prepared to make a rational decision whether or not you will waive your rights to your husband's pension, and to what percentage of each plan you are entitled to. Let's say your plan has a present day value of \$20,000 and your husband's plan has a present day value of \$80,000. Do you want to give up that \$60,000 difference in value or do you really want to divide the two pension plans equally? In this case, an equal division would mean you should receive \$30,000 from your husband's pension via a legal document called a Qualified Domestic Relations Order (Q.D.R.O.).

## Keenan & Molta Associates Welcomes Realtor To Springfield/Longmeadow Office

Coldwell Banker Keenan & Molta Associates welcomes Realtor Dottie J. Maiwald to its new Springfield/Longmeadow office. Maiwald brings 10 years of real estate experience to the company, and a working knowledge of the Western Massachusetts market.

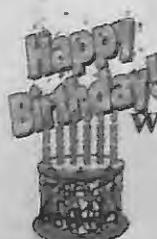
"We're happy to welcome Dottie to our company. Our customers will benefit greatly from her real estate experience," says Robert P. Molta, President of Coldwell Banker Keenan & Molta Associates.

Dottie J. Maiwald lives in Hampden and has lived in Western Massachusetts all her life. She's been a Relocation Specialist in the Greater Springfield area

for five years. Maiwald is a multimillion dollar producer and has been honored as a Top Producer and Realtor of the Month numerous times throughout her career. She works with both buyers and sellers and prides herself in making her clients feel comfortable.

Coldwell Banker Keenan & Molta Associates is the largest locally owned real estate company in Western Massachusetts, the second largest real estate company in the greater Springfield area. The firm is the principal broker for Cendant Mobility; the largest relocation company in the world. Five offices and approximately 75 sales associates provide comprehensive home selling, home buying, mortgage and relocation services to the greater Springfield area.

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### Mortgage Financing Questions?

Consumers who have been turned down for traditional home loans may not realize that they have many choices for obtaining mortgage financing. There are many financing options available for people who are self-employed, have income that varies month-to-month, have trouble documenting income, or have experienced credit problems. As with any significant financial investment, consumers should carefully explore both the lenders and the loans they are considering. Knowing the basics can empower consumers to make the right choices among lenders and loans.

**Know that you have options...** If you've been turned down for a traditional loan, it's easy to feel that you have no choices and must take the first loan offered. There are many lenders offering home loans to people who don't qualify for conventional loans. Never let yourself be pressured into a loan that you're not comfortable with. Take your time, explore your options, and be sure that the loan and the lender are

right for you.

**Know your lender...** Most consumers feel more comfortable with an established lender that has a proven track record: Find out whether the lenders you are considering are national and have strong mortgage experience and expertise. Check with the Better Business Bureau in the city in which each lender is located for any complaints. Ask for references from recent borrowers, and follow-up by speaking with these individuals about their experiences. Did they feel pressured? Did the lender explain all the details of the loan clearly and accurately? Were the actual costs of the loan close to the "good faith" estimate the borrowers were given? Would they deal with this lender again?

**Know what you want and need from your loan...** There are many types of loans, and a good lender will work with you to identify what's most important to you. For example, if you are eager for a fresh financial start, find out if the lender offers any special loans that can help you improve your credit. If the lender can only offer one type of loan or doesn't seem interested in your specific needs, do some more shopping.

**Know and understand the terms of your loan...** A lender should take the time to review and explain any paperwork or terms that aren't clear. If the loan representative brushes off your questions or won't provide the specifics of the loan in writing, beware. Be sure you have straight answers to the following questions:

- How much is the monthly payment?

- Will the monthly payment remain the same throughout the loan, or can it change?

- Does the loan have a balloon payment (a much higher payment, typically due at the end of the loan)?

- Is there a penalty for prepayment?

**Know your rights as a consumer...** You have the right to thoroughly read every loan document before you sign it, and to get copies of every paper you sign. Never sign any agreement that you don't understand and never sign a blank form to be filled in later.

#### Need Real Estate Information Quickly?

Do you want to know what mortgage programs are best for you? Do you want to know what your home is worth? Do you have family and friends who may be interested in buying/selling a home? Do you need assistance in relocating? Would you like information on the prices of homes that have sold in your neighborhood? Simply e-mail your request or call me today!

Raymond Rose is a resident of Agawam, and President/Founder of Rose Real Estate Group, a professional real estate and financial services firm serving home buyers throughout the area. Comments and questions can be directed to him at 846-0961 or via his e-mail at RaymondRose@aol.com. Listen to his pre-recorded Home Buyer's Info-Line at 846-0923 and feel comfortable to contact him via e-mail to receive his FREE online newsletter...it's filled with informative and money-saving info helping to "keep life simple." Thanks!

business? The first thing you should do is know what plans are generally suitable for small companies.

Here are some of the more popular options.

**Defined contribution plans.** Defined contribution plans let you determine the contribution amount based on a percentage of salary, a share of the profits, or a flat amount. Some of the most popular defined contributions are:

\* **Profit Sharing Plans** - If your business has variable income and profits and you employ primarily young people, you may want to consider a profit sharing plan. Each year the employer decides how much to contribute to the plan. The employer's contributions are deductible up to 15 percent of the eligible payroll on an ongoing basis. Any non-vested benefits from terminated employees can be reallocating among employees remaining in the plan. Contributions must be substantial and recurring.

\* **401(k) Plans** - With 401(k)s, employees elect to defer a certain percentage of their pay, which is then

contributed to the retirement plan. The money is placed in separate plan accounts and invested for the benefit of each participating employee. Your business can also choose to match part of the employees' contributions. Typically 401(k)s have the greatest appeal for businesses with more than 20 employees and whose employees are willing to defer current compensation into the plan.

\* **Money-Purchase Plans** - This option requires your business to make the same percentage of payroll contribution to the retirement plan year after year. Money-purchase plans are favored by stable businesses that have a solid track record of earnings and are able to maintain a consistent commitment each year.

\* **Age-based Profit Sharing** - These plans are usually established to meet the needs of older key employees and owners. The contribution amount allocated to older, longer-service participants can be higher than under other plan designs.



**Timely Tips On  
How To Manage  
Your Finances**  
by Sue & Charlie Alvanos  
Personal Financial Advisors  
American Express  
534-3883

### Finding The Right Retirement Plan For Your Business (Part 1 of 2)

An attractive retirement plan can help you hire and retain good employees, since it's one of the most important benefits a business offers. The plan you choose can reward everyone involved with your business. As the owner, you have the advantage of making tax-deductible contributions for you and your employees, and you all benefit from contributions and any earnings that grow tax-deferred until withdrawn. But with the ever-growing number of plans from which to choose, how do you select the right one for your

\*\*\*\*\*

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you for your cooperation in this matter...



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## Legal Memo

by  
Alan L. Ferrigno, Esq.  
546 Springfield St., F.H.  
(413) 786-9454



### Motor Vehicle Negligence Rear-End Collision

The plaintiff was allegedly rear-ended while driving on an interstate.

Initially, he was treated conservatively for a back sprain. After a course of physical therapy, his orthopedic specialist referred him to a chiropractor. The plaintiff was then instructed to return to his normal activities, including basketball and weight training.

But he continued to experience recurrent pain. Spondylolysis and spondylolisthesis were first detected two-and-a-half years after the accident. The defense argued that these injuries were developed after the crash as a result of the plaintiff's athletic activities.

**Pam Savioli**

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### Energy-Saving Improvements For Upcoming Winter Months

Winter's just around the corner! Now's the time to think about those energy-saving improvements to keep your home efficient and warm during the colder months ahead. Buyers notice these improvements, so upgrades might make the difference when it comes to sell you home!

**INSULATION** - Loose-fill insulation in the attic of older homes compacts considerably. If you own an older home, consider fiberglass roll insulation to increase the depth to 10 inches - improving comfort and lowering monthly energy bills.

**DOORS AND WINDOWS** - Replace an aging front door with a new, energy-efficient door. Insulated windows can replace sliding windows. These changes improve comfort and appearance, and buyers often assume doors and windows will be in good condition. Making this a do-it-yourself project will save you money.

**FIREPLACE** - Buyers love the appeal of a fireplace, even in warmer climates. Build a brick fireplace, or consider a prefabricated fireplace with a boxed-in metal chimney for a lower-priced option.

**HEATING SYSTEM** - An energy-efficient furnace may be a cost effective improvement if you have an old furnace. Buyers look for good heating systems, so updating can enhance the value of your home and help it sell more quickly.

**PAM SAVIOLI** is a full-time professional Realtor with over 13 years of experience. Call Pam at 413-748-7565 with any real estate questions or check her web site at <http://pam savioli.realtor.com>.

\*\*\*

*Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.*

## The Agawam Advertiser News

The plaintiff required back surgeries, and the medical lien on the case was \$43,000. The plaintiff's orthopedic surgeon opined that the plaintiff now has a 17-percent whole body impairment. At the time of the mediation, the plaintiff had graduated from college and was working full-time. He was not taking any pain medication.

He had been an all-star soccer player in high school, expecting to play varsity soccer in college. His injuries prevented him from playing any college soccer and forced him to give up virtually all strenuous activities.

The case settled for \$500,000.

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills, Massachusetts 01030. If you have a legal question, Attorney Ferrigno will attempt to address the same in this column. Please send any questions to the address listed above.

\*\*\*\*\*

**The deadline for  
our Thanksgiving  
week edition**

**(Tuesday, Nov. 21st)  
will be Friday,  
November 17th, at  
5:00 p.m.**

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Baystate Medical's Healthy Gourmet...

# For Your Health

## Peter Savenko Offers Healthy Recipes For Holiday Meals

(Part 2 of 2)

Baystate Medical Center's Healthy Gourmet, Peter Savenko of Agawam, has a number of "healthful" recipes for you and your family to enjoy this holiday season.

"These special holiday recipes all use common sense, health-conscious principles and practices," said Savenko, director of Food and Nutrition Services at Baystate Medical Center.

"When it comes to the holidays, although you should always be health conscious, don't be health foolish," said Savenko. "The holidays don't come very often and are meant to be enjoyed. An occasional splurge should not harm anyone if done in moderation."

Don't miss Baystate's own Healthy Gourmet, Peter Savenko, every Wednesday at noon on WGGB-TV Channel 40, with more recipes "To Your Health."

### Baked Acorn Squash

Yield: 4 servings

#### Ingredients

1 medium acorn squash  
2 tbsp. brown sugar or maple syrup  
4 tsp. margarine

Preheat oven to 350 F. Quarter acorn squash, remove seeds; place cut side up in a roasting pan.

### Sirloin Roast

#### Ingredients

6 lbs. sirloin roast (fat removed)  
2 tsp. beef base  
2 cups water

Preheat oven to 250 F. Place roast in a wire rack inside of a roasting pan. Place roast in oven for approximately 2-1/2 hours or until internal temperature of roast reaches 140 F.

To make au jus, bring 2 cups of water to a boil. Add beef base and stir until dissolved. Use as a gravy for roasted beef.

### Moist Bread Stuffing

Yield: 10 cups

\*\*\*

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#### Ingredients

1 cup whipped margarine  
2 cups diced celery  
1-1/2 cups chopped onions  
1/4 cup minced parsley  
3/4 cup cholesterol free egg substitute  
2 tsp. poultry seasoning  
1/2 tsp. pepper  
18 cups white bread cubes  
2-1/4 tsp salt.

In 8-quart Dutch oven over medium heat, cook celery and onions in hot whipped margarine until tender, about 10 minutes.

Add parsley, salt, poultry seasoning and pepper, stir well until thoroughly mixed. Stir in bread cubes and cholesterol free egg substitute; mix together well.

Bake for 45 minutes at 350 F.

### Fresh Baked Sweet Potato

Yield: 6 portions

#### Ingredients

6 fresh sweet potatoes (washed)  
6 tsp. margarine

Preheat oven to 400 F. Place sweet potatoes onto a sheet pan. Place sheet pan into oven for approximately 1 hour or until sweet potatoes are done. Serve with margarine.

### Strawberry Tofu Pudding

Yield: 4-1/2 cup servings

#### Ingredients

1 cup tofu, drained  
1 cup fresh strawberries, stems removed, washed  
2 tbsp. granulated sugar  
Combine all of the above ingredients into a blender cup.

Blend at high speed for approximately 1 minute or until mixture is smooth and creamy.

Chill and serve.

**"Let's Talk About It"**  
by Dan Pender  
Marriage & Family Therapist  
P.O. Box 449  
Agawam, MA 01001  
(413) 789-4460



### The Joy Of Self-Loving...

At first glance, this topic may sound both self-indulgent and, at best, out of balance. I agree that it can be both. Yet, for many people, the need to get what they need is equally experienced as "out of balance" while being overly dependent on another. It is my opinion that neither extreme warrants a healthy lifestyle.

Let's take a few moments to talk about the health connected to the joy of self-loving. As I see it, the potential of self love is that it can be experienced as "real good." It is this goodness, I believe, that significantly contributes to the underlining struggle people experience having themselves while being both alone and with another.

It is a sad commentary on our society to realize how much its utilizes its resources to overly focus on "bad" news. We, the public, seem to hunger for the voyeuristic rush provided by the evening news or soap opera mentality in our entertainment and/or real life. We seem to feed off of other people's problems rather than off other people's goodness. It can be so much easier to comment on other people's problematic lives rather than focusing on our own. It can appear easier to seek love from another without doing the real hard work of self-love.

Is it your experience that in order to truly love another, one needs to self love? Do you experience the two as separate entities or as two parts to a whole? I would think that, for most of us, it would be the latter. Have you, however, slowed down enough in your life to consider the real challenge of self-loving? What does this mean anyway, self-loving?

Some would go right to the explanation that self-loving is all about sex with self and one's personal sexuality. While this may certainly be an important life-giving component of self-loving, it can also easily sway to an extreme. Self love, in this context, is often referred to as masturbating. The very word conjures up very strong opinions on either side of the issue.

SEE PENDER - Page 27

# The Joy of Self-Loving

I am worth it!

Read more about this in today's FOR YOUR HEALTH column.

from

Dan Pender

Marriage & Family Therapist

A Clinical member of the  
American Association of Marriage & Family Therapy  
caring for individuals, couples and families.

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## PENDER - from Page 26

Some would immediately dismiss touching and pleasuring one's self as "bad," "evil," and/or "sinful," while others would affirm the "goodness" connected to self touch (seeing it as life energy that paves the way toward being joyful). I'm not here to legislate your opinion. I do, however, take the position that one's personal relationship with self is a very important ingredient toward being in healthy relationship with other people. One's view of their sexuality strongly impacts how they do or don't enter into a healthy sexual relationship with another.

Sexuality, in this context, is not to be understood as narrow and solely focused on the sex act, be it with self or other. What I'm referring to is the broad understanding of how our sexuality informs all parts of our self. It includes tender touching of self, sensitivity, sensuality, open communication, respect, honesty, and connection to who you were created to be and the like. *Self-loving*, I believe, involves many levels of awareness of these qualities. It also involves the non-verbal and unaware feelings that motivate how we relate. This can also be said to be true of *self-hurting*.

The challenge I experience in my life is attempting to integrate these two forces, love and hurt. When I begin to relate to myself as only lover or hurter, I begin to experience myself as two distinctly different personas. This, I believe, sets up the dilemma of seeing

## The Agawam Advertiser News

myself as compartmentalized. Simply put, it is an opportunity to split myself into "good" and "bad" parts. In my life, I attempt (at all costs) to instead integrate myself as whole with different parts seeking balance in health. Seeking this degree of balance is the life worthy of my energy. Herein lies the potential to experience joy in self-loving and healthy give-and-take in relationship.

\*\*\*

In addition to one's sexuality, can we talk more about what else is connected to the joy of self-loving? What does this topic provoke for you? What is your experience of the challenge to love your self? Do you know what it is like to be out of balance, depending too much on another to fill you up? Do you know what it is like to give too much of yourself, leaving little for you to be joyful about? What and who provides life for you?

If you respond in the coming weeks, please know that I may use your response in my column and I will maintain your anonymity, unless you indicate otherwise. Please e-mail, telephone, or write me with your feedback and "Let's Talk about it."

**Dan Pender, MA, MFT, is a Marriage & Family Therapist with a private local practice. He is a Clinical member of the American Association of Marriage & Family Therapy and can be reached by e-mail at [dpmft449@aol.com](mailto:dpmft449@aol.com) or P.O. Box 449, Agawam, MA 01001, (413) 789-4460.**

# Weldon Center's Stroke Support Group Meets

Stroke survivors, their families and friends are invited to attend the next meeting of the Stroke Support Group, sponsored by the Weldon Center for Rehabilitation at Mercy Hospital.

The free session will take place Monday, Nov. 27th, 7 p.m., in the hospital's Deliso Conference Center, 299 Carew St. Meetings are conducted the fourth Monday of each month, offering information and fellowship for persons living with the effects of stroke.

For more information, call group facilitator John Reagan, (413) 748-7187.

Mercy Hospital is a member of the Sisters of Providence Health System (SPHS). The SPHS' member organizations provide hospital and ambulatory care, rehabilitation, behavioral health services, nursing home care, retirement living, employee health services, home care, and more. The SPHS is a founding member of Catholic Health East, one of the nation's largest health care systems. Catholic Health East facilities serve communities in eastern states from Maine to Florida.

## Mercy Hospital To Host Breast Cancer Support Group

The Breast Cancer Support Group at Mercy Hospital meets from 6:30-8:00 p.m. on the first and third Tuesday of each month in the hospital's Deliso Conference Center, 299 Carew St. The next session is on November 21st.

Meetings are facilitated by Sr. Madeleine Joy, S.P. of Mercy's Pastoral Care Department and are open to women who have been diagnosed with breast cancer

or who have experienced mastectomy and other breast surgery. Family and friends are welcome to attend and share their experiences and concerns.

For more information, call the Pastoral Care Department, (413) 748-9453.

Mercy Hospital is a member of the Sisters of Providence Health System (SPHS). The SPHS' member organizations provide hospital and ambulatory care, rehabilitation, behavioral health services, nursing home care, retirement living, employee health services, home care and more. The SPHS is a founding member of Catholic Health East, one of the nation's largest health care systems. Catholic Health East facilities serve communities in eastern states from Maine to Florida.

*The deadline for our Thanksgiving week edition (Tuesday, November 21st) will be Friday, November 17th, at 5:00 p.m.*

*We take care of the community both inside and out.*

*"She's had the best year of her life here."*

Joseph Cembura, son of Lucia Cembura, resident

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Jessie Fuller, respite resident

*"Heritage Woods offered the support I needed when I couldn't be home alone any longer."*

Clark Scipio, resident

 Clark Scipio, resident

*"Heritage Woods offered the flexibility our family needed to allow our dad numerous respite stays; enough that he was able to make up his mind that he should move in permanently."*

Maryann Beach, daughter of Dr. Aloysius Bloniarz, resident

 Maryann Beach, daughter of Dr. Aloysius Bloniarz, resident

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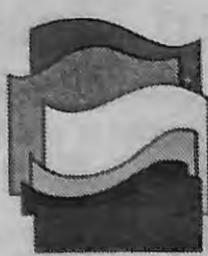
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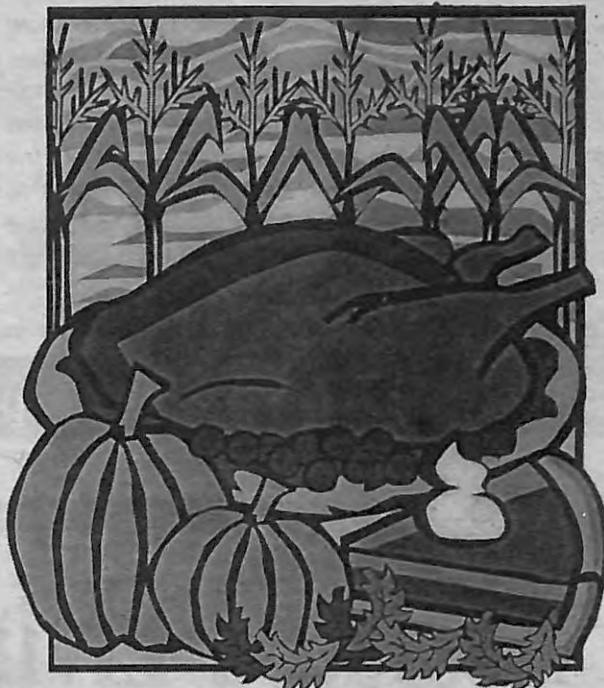
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## Chiropractic Care

by Dr. Tami Nelson  
Chiropractic Physician  
Hampden County  
Chiropractic  
850 Springfield St.  
Feeding Hills  
786-4820

### Headaches

When I talked to my neighbor recently, she commented she had had a headache for the past week. She was surprised to learn that chiropractic is very effective in dealing with headaches. The key to effectively treat headaches is to correctly diagnose the cause of the headache. There are hundreds of causes of head pain, including emotional, physical, hormonal, food-related, weather-related, chemical sensitivity, posture, and the list goes on and on. Trying to get to the cause of the headache can be tricky, as



### Your Back And Your Health

by  
Dr. Joseph S.  
Schlaffer  
Schlaffer  
Chiropractic Offices  
192 Shoemaker Lane  
Agawam

### To Be Healthier - Move More!

Americans have become a society of couch potatoes - and it's taking its toll on our cardiovascular health.

In an article published in the *Journal of Applied Physiology*, researchers from the University of Missouri-Columbia revealed alarming statistics to show that our sluggish lifestyle might be literally killing us.

"Currently, 250,000 premature deaths and \$1 trillion in health care costs can be attributed to the American sedentary lifestyle each year," said Frank Booth, professor and research investigator.

"This lifestyle, which has become increasingly more prevalent in the past century, results in a metabolic state that is linked to at least 17 chronic diseases and other health conditions. Since 1900, there has been a 29-fold increase in heart disease deaths, compounded in the past 40 years by a six-fold increase in diabetes and a two-fold increase in obesity."

In the article, Booth and his co-authors pointed to society's increasing use of labor-saving devices and other technologies as the cause of a myriad of health problems.

"Technology has made our lives increasingly easier in the past 100 years," they wrote. "We drive cars instead of walking. We ride elevators instead of walking up stairs. We don't even have to shop for groceries anymore, we can do this online. The effects of computers and other technologies on our lives have been positive, but it hasn't been good for our health."

Booth is working nationally with other researchers to establish an organization called "Scientists Against Inactivity-Related Diseases" to create awareness of the problem.

**SOURCE:** "Chronic disease on the rise due to American sedentary lifestyle, MU researchers conclude," University of Missouri, Columbia, Feb. 11, 2000.

The Schlaffer Chiropractic Office is conveniently located at 192 Shoemaker Lane, Agawam. 789-1369 or 789-1073.

\*\*\*

**"For Your Health" is just one more reason why you turn our pages each and every week ...  
ADVERTISER NEWS!!!**

there may be multiple causes.

If you experience a headache that doesn't go away, it's important to pay attention to the characteristic of the headache, as this gives the chiropractor a clue to the origin. I can't tell you how many times I'll ask the patient where the pain is located, the response will be "in my head!"

What I'm looking for is where the location of the pain is; on the sides of the head, behind the eye, in the forehead, or in the back. I ask what the pain feels like. Usually I want more than "it hurts." I want to know if it's throbbing, dull, piercing, what exactly it feels like. When does it hurt? All the time? Just in the morning? At the end of the day? All of these are clues to the cause of the pain. The importance of taking the time to accurately diagnose is critical when it comes to treatment. It's crazy to treat for a tension headache when the cause is a sinus headache. The patient will never get better.

Chiropractic physicians are not only effective in

correctly diagnosing a patient, but also in treating patients, too. As there are many types of headaches, there are many ways to treat these, too. I'll utilize different techniques for patients with sinus headaches as opposed to patients with postural headaches or tension headaches, or headaches caused by TMJ dysfunction. Or sometimes if the cause is beyond chiropractic treatment, we refer patients to the proper for professional care.

If you're suffering with a headache, gather as much information as you can about it (location, when it occurs, how often it comes, intensity, and anything else) and write it down. This will help to accurately diagnose and effectively treat your head pain. Headaches can be frustrating and painful. Take the time to take care of your health today. Talk with a chiropractor. (I wish my neighbor had.)

Dr. Nelson maintains an office at Hampden County Chiropractic, 850 Springfield Street, Feeding Hills, 786-4820.

## Assisted Living and Respite Care at American Inn

# When Choosing an Assisted Living Residence Trust Makes the Difference.



Maria Perez is seated with American Inn resident Josephine Taggart.

Choosing an assisted living residence can be a complex decision. You need to be certain that the community you choose offers the service, experience and quality of care your loved one deserves. Assisted living at American Inn at Sawmill Park offers the ideal combination of independence and assistance in an atmosphere of genuine warmth and caring. This new assisted living residence offers the privacy and comfort you desire while still providing essential support and assistance with the tasks of daily life, all within a comfortable, caring and home-like atmosphere.

**Privacy.** We recognize the importance of privacy and personal comfort. That is why each assisted living apartment is designed to make you feel at home, complete with a kitchenette and private bath.

**Support.** Our professionally

trained staff works with residents, families and their doctors to create a customized support plan. We offer assistance with daily needs including help with bathing, dressing and medications - tasks which may make living independently difficult although full nursing care is not

needed. To simplify life even further, we also provide housekeeping, laundry service and scheduled transportation.

**Security.** Twenty-four hour staffing assures that help is available whenever it is needed. For added peace of mind, American Inn at Sawmill Park also has around the clock security and is managed by Athena Communities. Athena is a recognized leader in the industry offering over 15 years of experience in 30 communities in CT and MA.

To learn more, we invite you to call or visit today. Call 413-569-1215.

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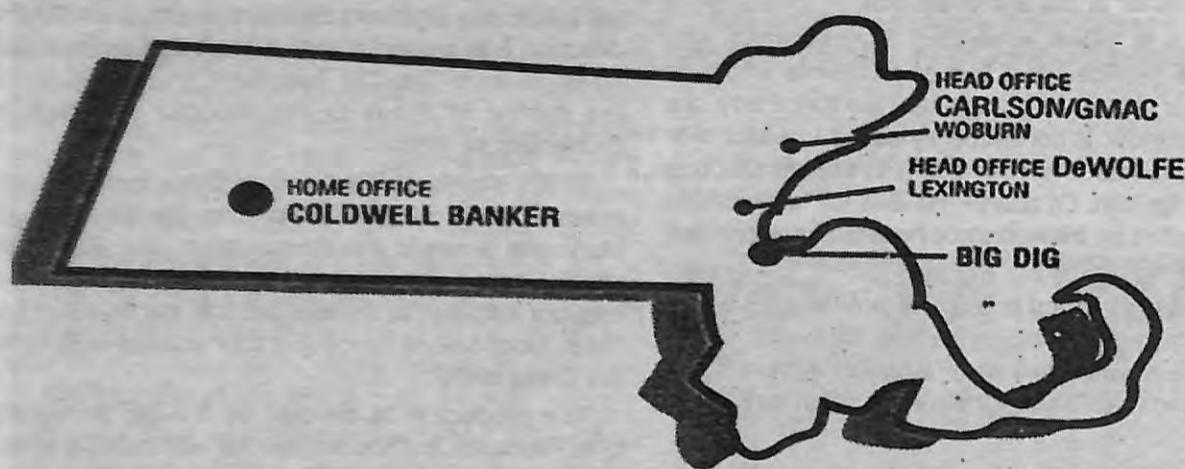
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**Arts**

**Recent Releases II...**

Here are some popular new releases that I have recently screened.

**\* "Stir of Echoes": 1999. Rated R.**

If imitation is the best form of flattery, then "The Sixth Sense" and "The Shining" should be duly flattered by "Stir of Echoes." In this psychological/supernatural thriller, Kevin Bacon stars as a man who unwittingly is hypnotized by his sister-in-law and suddenly finds himself seeing glimpses of dead people and sporadic flashes of past and future events.

Giving credit where its due, "Stir of Echoes" similarities with the aforementioned films are more coincidental than intentional, for this film is based upon a pre-existing novel by Richard Matheson. It was the timing of this film's release that created the comparisons between it and the previous blockbuster and crowd favorite "The Sixth Sense."

Even judging this film as it is without any type of comparisons, I still found it to be only average. The plot seems overly thematic at times, primarily due to the fact that director David Koepp elected to create a conflict in virtually every scene. This takes away from the suspense of the picture because the viewer is too caught up in the subplot and not very involved in the main plot. This is because the group of "receivers," as they are called in the film, are meant to be a subplot. In the viewer's quest for knowledge as to what is actually going on with Bacon's character, we look to this group for answers and the main plot is thusly all but ignored.

This film, unfortunately, proves to be nothing more than ordinary. Suspense is lost through the uncentralized plot, and the rest is simply a rehash of stuff we've all seen a hundred times before. **2 STARS.**

**\* "House on Haunted Hill": 1999. Rated R.**

Vincent Price starred in a cheesy B-movie from 1958 called "House on Haunted Hill." The movie was by no means a classic, and Price proved to be the only thing worth watching in it. So why someone would want to remake it is beyond me.

The movie deals with a mad doctor named Dr. Vanicutt who operates and experiments on the criminally insane patients in an asylum. . Later, an amusement park owner and his wife plan to have his wife's birthday party at the asylum, in which he decides to give all five guests a million dollars each to anyone who stays the night inside the walls of the house on haunted hill.

The film is truly nothing short of boring. The production value, although periodically pleasant, still is unable to save the drab subject matter that surely made the original 1958 film bomb as well. In fact, the most entertaining aspect of the film is Geoffrey Rush's portrayal of Price's original character. Unfortunately, you will find yourself watching Rush as a Price imper-

## Flower Design To Be Offered At Senior Ctr.

Flower Design by Elaine will be offered on Wednesday, December 6th, at the Agawam Senior Center.

The program is free and open to the public.

\*\*\*

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your local businesses ...  
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sonator instead of the character he is playing.

The visual effects were done well, but only proved to spawn what amounts to a well-filmed but grossly unconvincing antagonist. This is one of those rare cases where the filmmakers are not to blame directly for the film's lackluster appeal, for even a movie-making genius couldn't work wonders with this remarkably tedious storyline. **1 STAR.**

**\* "Three to Tango": 1999. Rated PG-13.**

Okay, I go from supernatural thrillers to a romantic comedy. Diversity is a good thing, isn't it? Neve Campbell, Matthew Perry, and Dylan McDermott star as the participants of a very unusual love triangle. The film plays in much the way you have come to expect from this genre of film that culminates in the viewer's vested interest in seeing two particular characters together at the end of the film.

McDermott plays a wealthy businessman who enlists the services of a duo of architects whom he believes (or should I say assumes) are gay. Perry, one of the architects, is consequently asked to watch over McDermott's mistress (Campbell) to ensure she only has eyes for him. Of course, he falls for her and creates a conflict for himself since he has to pretend that he is gay.

This film is standard fare but accentuates its potential through the surprisingly volatile on-screen chemistry between Campbell and Perry. Aside from that, it is very predictable and formulaic in reference to the plot.

The good thing is that the film does deliver the ending that all wanted to see. The righteous finale not only serves as a fusion of the two central characters' lives, but also resolves one of the film's major conflicts. This makes the film worth watching, as long as you aren't looking for intricate plot devices and storyline twists. **3 STARS.**

**\* "PISANO'S PICKS" REVIEW GUIDE: 5 STARS**

- Extraordinary; **4 STARS** - Excellent; **3 STARS** - Good; **2 STARS** - Average; **1 STAR** - Watchable; **0 STARS** - Avoid.

*Please send comments and film requests to "The Agawam Advertiser News," Attention: Lou Pisano, P.O. Box 263, Feeding Hills, MA 01030.*

## New Musical Of The Christmas Story At Red Door Theatre

The Red Door Theatre will premiere a new musical, "The Birth," written and composed by Michael Rheault. This retelling of the Christmas story will be presented by the Hilltop Players Family Theatre, voted "Best Community Theatre" by *The Springfield Advocate Readers' Poll*. It will run December 8th, 9th, 15th, and 16th at 7:30 p.m., and Sunday, December 10th, at 3:00 p.m.

Michael Rheault, who is well-known to local theatre groups for his keyboard accompaniment and musical direction, has created a semi-rock, liturgical piece that takes us from The Old Testament prophecies about the coming of Jesus to the slaughter of babes in Bethlehem by Herod.

All the events of The Greatest Story Ever Told are revealed through music, including the betrothal of Mary and Joseph; the Annunciation; the Birth; the angels' appearance to the shepherds and their subsequent visitation to the manger; and the arrival of the Three Magi before Herod and their star-led journey to the Christ child.

The production is directed by STAGE producers Lyle Pearson and Margie Secora, with musical direction by Michael Rheault.

For reservations for this theatrical event of the Christmas season, call (413) 789-2026. Tickets are only \$7 for adults, and \$5 for senior citizens and children under 12 years of age.

Church groups are encouraged to make their reservations early, as the intimate theatre at 152 South Westfield Street in Feeding Hills, MA, often sells out quickly.

\*\*\*

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## "The Food Dude"

by John Walters



### Cube Steak

Did you know you can send in recipes to me? Just send them to P.O. Box 741, Agawam, MA 01001.

Cube steaks - save a buck or two and use this versatile meat. It's inexpensive and easy to use. When my kids were small, their auntie used to make them cube steaks. When asked how she made them and why the kids loved them, she laughed and said it was all in the butter.

She would take a stick of butter and start it melting in the fry pan with one small sliced onion. She then put salt and pepper on the steaks, dusted them in flour, and into the butter and fried just 'til done. They come out tender and tasty!

Take these same steaks and after browning, place in a baking dish, cover with spaghetti sauce, some mozzarella, and you have a steak parm. Really good!!! If you are going to use sauce from a jar, I only recommend two - Classico and Pastene. Anything else is just tomato paste and spices.

Why not make a grinder with these? They're great in sandwiches; tender with a lot of flavor. When you coat them, it seals in the juices that would otherwise be lost because of the cubing.

When I think of these sandwiches, I think about cold meatloaf sandwiches - mayonnaise, lettuce, onions, and fresh tomatoes. You gotta love it!

While we are trying to save you some money, when

### The Agawam Advertiser News

buying veal, why not try some of those inexpensive veal steaks and pound out the veal yourself. Maybe you have some smaller pieces, but hey, you just saved a buck, didn't you?

Cube steaks browned up and then drenched in brown gravy, served with buttered noodles or mashed potatoes - when I was in the Army, we called it mystery meat. Well, it is no mystery - if you don't overcook them, you'll love 'em! Basically we tend to overcook everything that we eat. Vegetables are cooked 'til mushy!

Pasta is cooked 'til mushy, rice 'til it's a paste! Are you starting to get the picture? Cakes are baked 'til they are dried out and you cannot down a piece with two glasses of milk! The best advice I can give you about cooking is not to overcook. When doing vegetables, steam them (do not boil them) just 'til tender. They will have more color and more flavor.

The only thing I suggest you cook the life out of are beans and beef brisket, corned or fresh.

One last thing - please, never boil chicken before adding to a recipe. If it needs to be cooked first, roast it. When you boil a meat, finish it off by turning it into soup. That's what you started ... complete the job.

Always remember, "It's not what you're eating. It's whom you're dining with."

I'll have more for you next week.



### Latest Show By The Theater Project...

## Neil Simon's "Proposals" Being Staged At The Majestic Theater In West Spfld.

The Theater Project will present the Neil Simon comedy, "Proposals," through December 9th at the Majestic Theater in West Springfield. The play follows the funny and bittersweet moments of a family in the midst of its final visit to a beloved vacation cottage in the Poconos.

Several Theater Project veterans will appear in the production, including Dick Volker ("All My Sons," "A Few Good Men"), Ed Carey ("Man of La Mancha," "Side Show"), Julius Lewis ("Driving Miss Daisy"), Joni Cossaboom ("Man of La Mancha," "Side Show"), John Hart ("The Winter's Tale," "All My Sons"), and Amy Rist ("Man of La Mancha," "Side Show"). Other cast

members include Cheryl La Riviere and Douglas James Reynolds. Local theater veteran Jeannine Haas will direct.

Wednesday, Thursday, and Sunday evening shows begin at 7:30 p.m.; Friday and Saturday evening shows start at 8:00 p.m.; and weekend matinees are at 2:00 p.m. Tickets range in price from \$12 to \$20, depending on date of show, and can be obtained by calling the box office at (413) 747-7797.

Walk-in box office hours are Tuesday, Thursday, and Friday, 2:00 to 5:00 p.m.; Wednesday, 4:00 to 8:00 p.m.; and Saturday, 10:00 a.m. to 1:00 p.m.

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The deadline for our Thanksgiving week edition (Tuesday, November 21st) will be Friday, November 17th, at 5:00 p.m.



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## Agawam Cultural Council To Host Vaudeville Act

On December 1st, the Agawam Cultural Council will present Carol Pedigree at the Agawam Senior Center, 68 Meadowbrook Manor at 7:30 p.m. This location is a change from the flyer announcement. The title of her show is "Hats Off To Americana."

Carol Pedigree uses an assortment of props, such as hats and bouquets of flowers, to add an exciting dimension to her one-woman vaudeville act. Watching her perform her vaudeville routine, the first thing you wonder is, "Where on earth does she get all that energy?"

Describing herself as "a vaudevillian," Pedigree puts on an hour-long show that's non-stop song, a little dance, fancy hats and feather boas, and lots of fun. Her routines grew out of two loves - performing and the desire to bring joy to others.

She leads her audience in an historical, musical review of the 1890's through the 1950's, donning and doffing colorful feather boas, plumed hats, sheer scarves, and fur stoles. Her show is punctuated with humor.

This entertaining program is being sponsored by the Agawam Cultural Council and the Massachusetts Cultural Council, and is free and open to the public.

## Agawam Library To Host Puppet Show At Phelps School

To celebrate Children's Book Week, the Agawam Library is sponsoring the puppet show, "Legend of Sleepy Hollow" on Saturday, November 18th at 2:00 p.m. in the Benjamin Phelps School auditorium.

The PUPPET PEOPLE will perform their comic rendition of Washington Irving's haunting tale, featuring marionettes, life-sized puppets, special effects, and music.

To reserve tickets for the show for Agawam and Feeding Hills children AGED 5 AND UP, call the public library at 789-1550.



Hours:

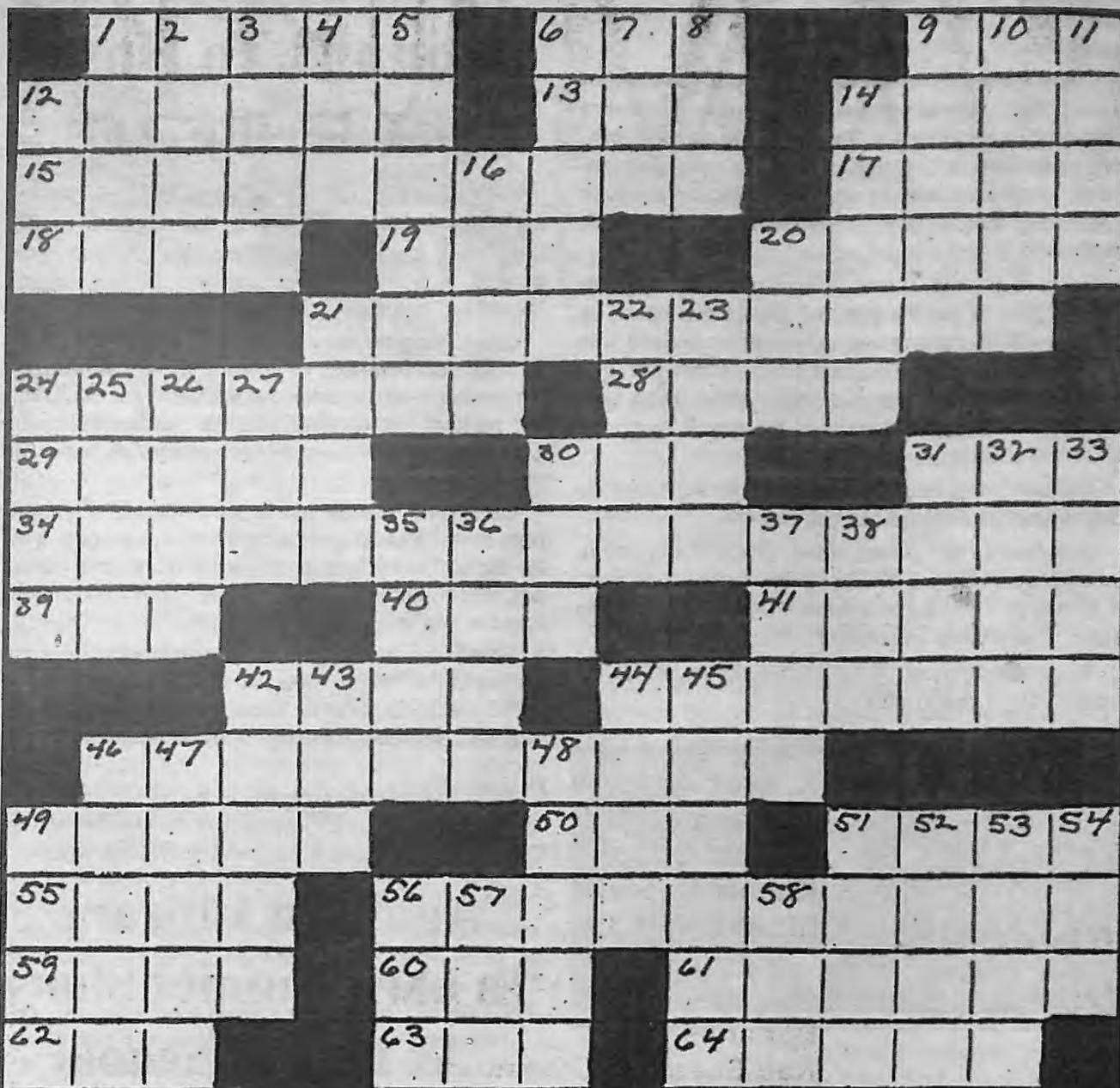
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# Meet The Master - by Dick Mastroianni...



## ACROSS

1 "La \_" (Puccini opera)  
 6 "Major Barbara"  
 wright  
 9 \_-magnan man  
 12 \_ the river  
 13 Pro Nobis

14 Ocean crosser  
 15 Gershwin musical  
 comedy  
 17 House to Pedro  
 18 Bullring cheers  
 19 Isle of \_  
 20 Artist's stand  
 21 Casanova?  
 24 Puts on weight

- 28 Gambol
- 29 Pale in color
- 30 Drill piece
- 31 Menlo Park  
inventor
- 34 Frank Sinatra hit  
song
- 39 Padres school for  
short

40 Poetic contraction  
 41 Scary  
 42 Blind as \_\_  
 44 Pie \_\_\_  
 46 Baker's delight  
 49 Tatar group  
 50 15 A's brother  
 51 Use a bar code  
 55 Shield border

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*Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.*

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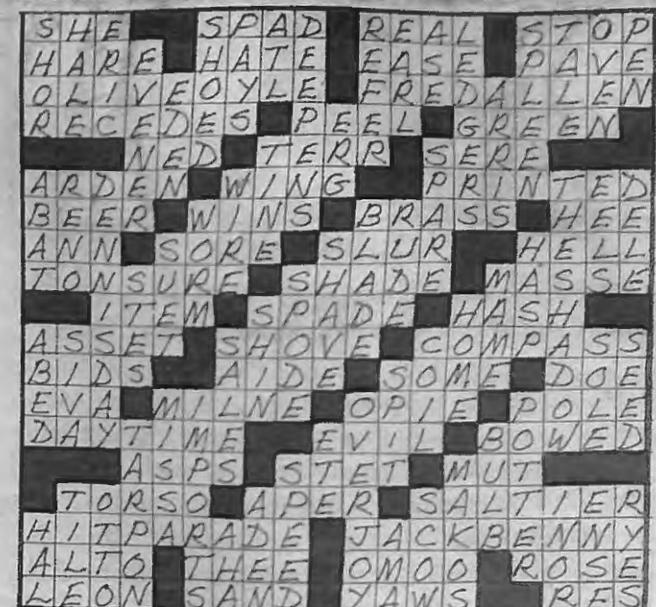
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### Last Week's Solution...



|                                   |                              |
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| 7 Brother (slang)                 | 46 Blackmore heroine Doone   |
| 8 Feeling blue                    | 47 Actor Richard             |
| 9 Run after                       | 48 Willy_                    |
| 10 Staircase part                 | 49 Basketball (slang)        |
| 11 Ring stone                     | 51 Vegas machine             |
| 12 Slow (var.)                    | 52 Sheep shed                |
| 14 Pawnee memento                 | 53 State in a positive way   |
| 16 Flits about                    | 54 Mr. Buntline              |
| 20 "Nightmare On _ Street"        | 56 _ at work                 |
| 21 Songstress Horne               | 57 Positive vote             |
| 22 _ Kringle                      | 58 Singer Sumac              |
| 23 Just a jot                     |                              |
| 24 Musical Waller                 |                              |
| 25 Arthur of the courts           |                              |

- ADVERTISER NEWS -

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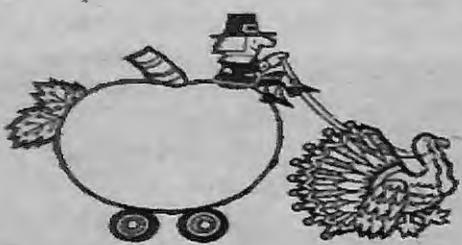
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# Education

At Agawam Junior High....

## Student Cadre Sponsors "Halloween Costume Day"

On Tuesday, October 31st, many students and faculty members at the Agawam Junior High School participated in "Halloween Costume Day" sponsored by the Student Cadre.

This annual event benefits the Parish Cupboard, formerly known as the Open Pantry. Assistant Principal Marc V. Costanzi, who is the cadre's director, explains that in order for students to participate in the holiday event, they and their parents must sign a contract stating that only costumes deemed appropriate to a school environment will be worn to school.

Also, each student must agree to donate at least two non-perishable food items to the Parish Cupboard. The school's 14 cadre members assisted with the collection of donated items and filled several huge boxes, which were later delivered to the Parish Cupboard.

Staff members judged costumes and 16 winners were carefully chosen. All winners received bags of assorted Halloween candy. The winners were:

Jessica Farmer, Jared Sasan, Shawn Foley, Chantelle Cudemi, Julie Czuprinski, Tammy Gordon, Vanessa Beharry, Jeff Gaulin, Vanessa Tencati, Gina Graziano, Scott Houghtaling, Kris Kelly, Monica Lefebvre, Jared Verelst, Mary Gotardi, and Chelsea Rice.

Mr. Costanzi states that he was very pleased with the student and faculty participation in this year's Halloween Costume Day and was amazed by the creativity displayed in many of the costumes that were worn.

*The deadline for our Thanksgiving week edition (Tuesday, November 21st) will be Friday, November 17th, at 5:00 p.m.*

Happy 1st  
Birthday  
Julia



Love,  
Daddy, Mommy, Michael,  
Casey and Kitty



AGAWAM JUNIOR HIGH STUDENTS got into the spirit of Halloween by dressing up for the day at school. CLOCKWISE (from top left photo): Heather Burgen, Joshua Matt, Mitch ViVenzio, Jared Verelst, and Mary Gottardi.



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## Halloween At Agawam Junior High...



AGAWAM JUNIOR HIGH STAFF MEMBERS loved Halloween as much as the kids - (from left): Donna Scherpa, Lisa Bruno, and Brenda McDade.

## Junior High To Hold Fall Parents' Night On Nov. 30th

The Agawam Junior High School will conduct its annual Fall Parents' Night on Thursday evening, November 30th, from 6:30 to 8:30 p.m.

All parents of seventh- and eighth-grade students are welcome to attend the annual conference night, which features brief meetings with teachers and staff members. Classroom secretaries will schedule five-minute appointments with individual teachers that evening.

The Fall Parents' Night is an excellent opportunity for parents to visit the school where they may review their child's academic progress.

*If you visit the Advertiser News' new office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Please park on the side of the building and use the back entrance. Thank you...*

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## "Pasta Dinner" On Nov. 18th At St. Mary School

A pasta dinner will be held on Saturday, November 18th, at the St. Mary High School gym at 27 Bartlett Street in Westfield. Seating begins at 5:00 p.m. and continues through 7:30 p.m. All proceeds will benefit the high school.

The chef will be Father John, who is well-known for his culinary expertise. The evening should prove to be an opportunity to have a great meal and will benefit the high school as well.

Please call the school for tickets at 568-5692. The adult ticket price is \$6; children ages five to 12 will pay \$3. Hope to see you there!

## Agawam High School

### Guidance Bulletin

**College Representatives:** If you are interested in meeting with any of the following college representatives, you should sign up at least one day in advance in the guidance office. Please pick up your pass the day of the conference.

**Nov. 20th:** Unity College, 7:45; Assumption College, 9:00.

**Nov. 21st:** Lasell College, 8:30.

**Nov. 27th:** Lynchburg College, 8:30; St. Leo University, 10:30.

**Scholarships:** See your counselor for more information or an application.

**Massachusetts JCI Senate Foundation Scholarship:** Several \$1,000 scholarships will be awarded to residents of Massachusetts who are high school seniors and who plan to enroll in an accredited college, university, or vocational school in September 2001. **Deadline:** January 20, 2001.

**Westfield State College "Be a Science Teacher" Scholarship:** Scholarship winners will be chosen based on their academic record and their interest in teaching elementary, middle, or high school general science or high school chemistry. As incoming freshmen, they will be enrolled as General Science majors. Up to \$1,500 per year for up to four years will be awarded. You will be automatically considered for this scholarship when you apply to Westfield State as a General Science major.

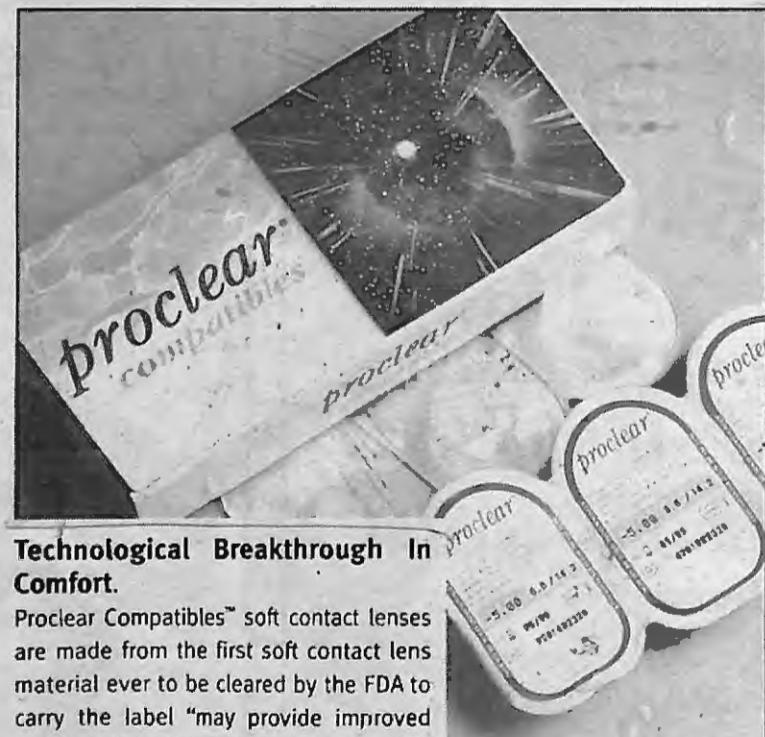
## Agawam Schools' Weekly Lunch Menu

**Monday, Nov. 20th:** Pepperoni topped cheese pizza, tossed garden salad w/Italian dressing, chilled peaches in syrup, milk.

**Tuesday, Nov. 21st:** Oven baked chicken nuggets w/dipping sauce, seasoned diced carrots, oven french fries w/catsup, bread & butter, chilled fruit cup or chocolate pudding w/topping, milk.

**Wednesday, Nov. 22nd through Friday, Nov. 24th:** No school (Thanksgiving vacation).

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# Phys. Ed. "Students Of The Month" At The Jr. High



PHYSICAL EDUCATION "Students of the Month" at Agawam Junior High School included (from left) Kirsten Laliberte and Bob Mesick (eighth grade); Tiara Ghedi (seventh grade); and Ryan Kocot (seventh grade). Advertiser News photos by Kathy Shepard.

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## Agawam High School Slates Parents' Night

Agawam High School will hold a Parents' Night on Monday, November 20th from 7:00-9:00 p.m. This is an opportunity for you to discuss your child's report card with his/her teacher.

Report cards will be issued prior to Parents' Night. If you have questions about your child's progress, make sure you visit with his/her guidance counselor during the evening.

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## Area Students Inducted Into WNEC Honor Society

Jennifer R. Loomis and Shelley Rose, both of Feeding Hills, were inducted into the Alpha Lambda Delta national honor society during Fall Convocation at Western New England College held in August.

Loomis, the daughter of James and Laurie Loomis, is a sophomore majoring in engineering. Rose, the daughter of William and Katharine Rose, is a sophomore majoring in history.

Alpha Lambda Delta is a national honor society that recognizes academic excellence achieved during a student's first year in college. The purpose of this honor is to encourage superior academic achievement among freshmen and to promote leadership early in the student's collegiate experience. Membership is open to all freshmen enrolled full-time in a degree program who earn a cumulative average of at least 3.5 either in their first semester of enrollment or in their first year of enrollment prior to initiation.

Western New England College is a private, independent, coeducational institution founded in 1919. Located on an attractive 215-acre suburban campus in Springfield, the College serves its 5,100 students on its main campus and at 18 sites throughout the Commonwealth. Undergraduate and graduate programs are offered through the College's Schools of Arts and Sciences, Business, Engineering, and Law.

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## Granger Pupils Learn About Plymouth Plantation

The first graders at Granger School from Room 17 (Ms. Anne Liptak) and Room 13 (Mrs. Jeanne Carra) recently had visitors from Plymouth Plantation.

One visitor was a Pilgrim, "John Billington," who was dressed in 17th century clothing and spoke with a 17th century English dialect. The other visitor was a Native American, Annawon, from the Wampanoag tribe. They both shared artifacts and clothing from the 17th century.

The program was filled with information and exciting stories representing the knowledge and beliefs of the Pilgrims and Indians of 1620 Plymouth.

## Basketball Clinic Scheduled At AIC For Nov. 24th & 25th

The first annual 2000 AIC Intensity Basketball Clinic for boys ages eight through 17 will be held on Friday, November 24th and Saturday, November 25th from 10:00 a.m.-1:00 p.m. at Butova Gymnasium.

This clinic will feature AIC men's coaches. The clinic will include one-on-one college instruction, shooting instruction, and competitions. There will be prizes for each age group, which will include AIC tickets.

The fee for the clinic is \$20 for Friday only or \$30 for both Friday and Saturday. For more information, contact Paul Scoville at 413-747-6563 or [pscoville@att.net](mailto:pscoville@att.net).

## Town Of Agawam Park & Rec To Sponsor Volleyball

The Town of Agawam Parks & Recreation Dept. will sponsor Youth Volleyball, where youth will learn the fundamental skills, techniques, and strategies of volleyball while practicing and playing in this fun new program.

There will be separate divisions for both boys and girls in grades four through 12 and the sessions will be held at the James Clark Elementary School gymnasium.

The boys' division will meet on Tuesdays, November 14th through December 12th. The girls' divisions will meet on Thursdays, November 9th through December 14th.

Grades four through eight will meet from 6:00-7:00 p.m. and grades nine through 12 will meet from 7:00-8:00 p.m. Cost is \$5 per person. Registration is now taking place at the Parks & Recreation Office located at the rear of the Agawam High School.

## "Tough Love" Program Offered For Parents In Westfield

You are invited to "Tough Love," a self-help program for parents troubled by their kid's behavior to be presented on Tuesdays at 7:00 p.m. at the Church of Atonement, 36 Court St., Westfield.

## Agawam Ecumenical Thanksgiving Service



*Sunday, November 19th, 4PM*  
*St. David's Episcopal Church*  
*699 Springfield Street, Feeding Hills*

# Teacher "Cells" Project To Grade 6 Science Students

by Hope E. Murray  
Municipal Writer

Sixth graders at Agawam Middle School brought a variety of goodies to school last week. Some brought cake, others brought cookies. Someone brought pizza and one student brought a pumpkin.

No, it wasn't a buffet, it was science.

Three sixth grade science classes had some not-so-strict orders from their teacher, Linda Ulrick, to bring the food to class under one condition - that their food creations must be edible and must represent a plant cell.

"The project was that they had to create a typical plant cell out of edible materials," Mrs. Ulrick said. "It had to have a nucleus, membrane, cell wall, etc., and they had to be able to label the cell parts and its inclusions."

Other than those few criteria, it was up to the students to make their projects interesting and fun while still being scientific.

"They got really creative and very inventive," she said, adding that the project was within the Massachusetts State frameworks.

Mrs. Ulrick left the project open-ended to see what the student scientists would come up with on their own. She was pleased with the results.

"I'd say 99-plus percent of the kids did a fantastic job," she said. "And the ones who brought in cake couldn't wait for lunch so they could devour their projects."

This is the second year Mrs. Ulrick assigned the project, which she said is a fun way to learn. She photographed and videotaped the creations and said she will include it in an end-of-year review for the school.

One reason Mrs. Ulrick likes the edible cell project is because it's a project kids often work on with their parents.

"It's a way to get parents involved and create a home-school connection," she said.

Mrs. Ulrick is not just a science teacher, she's a former chemist and lab technician. But she said that although teaching includes a lot more extra work, she loves it.

"I love teaching, especially science," she said, adding that science is her true vocation. But that wasn't always the case.

"In elementary school I was a pretty good student but I failed science and math," she said. "So I tell my students don't be doomed if you're not doing well at this point - it doesn't have to be a lifelong problem."



FROM 75 TO 80 STUDENTS in three different sixth-grade science classes were given a project by Mrs. Linda Ulrick (standing behind the students) to create a model of a plant cell out of edible materials. Seen with their project are (from left) Brittany Favreau, Nikki Diesi, Amanda Riplone, Julie Parisien, Amelia O'Hare, Thomas Albano, Greggory Lane, and Eric Mutti. Advertiser News photo by Kathy Shepard.

## Tammy Watson Receives "Who's Who" Award



AGAWAM HIGH SCHOOL BAND DIRECTOR TAMMY WATSON holds her "Who's Who Among America's Teachers" award with Danielle Sienkiewicz, the Marching Mohawk's drum major who nominated Miss Watson for the award. Advertiser News photo by Kathy Shepard.



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## Chamber Members Tour Shooting Star Dance Center

Shooting Star Dance Center was the location of the recent Agawam Chamber of Commerce Spotlight on Business Tour. Each month the Chamber visits an Agawam company with the intent of increasing awareness of successful local businesses and to hear how the town and Chamber can enhance their ability to grow.

Dance instructors Carol-Ann Boardway Chapin and Lynn Hadden-Quinn hosted the tour, giving Chamber members the opportunity to learn about the dance center's rapid growth in its brief eight seasons. Shooting Star instructs students in various dance programs, including ballet, pointe, tap, jazz, acrobatics and preschool, among others.

According to Ms. Boardway Chapin, Shooting Star dance instructors are visiting local schools, informing students that dance could be considered as an athletic option to such mainstream sports as soccer or cheerleading.

For information on upcoming Spotlight on Business Tours or other Agawam events, please call the Chamber office at (413) 787-1555.

\*\*\*

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**THE AGAWAM CHAMBER OF COMMERCE** recently held a Spotlight on Business Tour at Shooting Star Dance Studio. From left - Dick Blomstrom (Canary-Blomstrom Insurance); Judy Pothul (The Atrium); Jeanine Penney (Quail Run Estates); Lynn Hadden-Quinn (Shooting Star Dance Studio); and Carol-Ann Boardway Chapin (Shooting Star Dance Studio).

**The deadline for our Thanksgiving week edition (Tuesday, November 21st) will be Friday, November 17th, at 5:00 p.m.**

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## AHS Continues To Build Cross Country Programs

by Dave Rollins  
Sports Editor

The Agawam High boys' and girls' cross country teams ended their seasons last weekend at the Western Mass. meet, held at the beautiful 3.1-mile Northfield Mountain course. You can have up to seven runners in the competition.

The Agawam boys, who finished as a team in 18th place out of 20 (because of low numbers and injuries) managed to enter five kids. "Yeah, we finished about as high as we could, with the runners we had. Actually, we did better than last year when we were 17th out of 17 squads," Coach Bill Dillon noted.

His number-one runner, Mike DeFilippi, finished in the top 50 (28th) among the 137 boys in the thing. "He's just a sophomore and, with experience, I can see him moving up substantially next season," the coach commented.

He noted that the Northfield Mountain course is one of the most challenging in Western Mass. "For about the first three quarters of a mile, it's all uphill, which takes a lot out of the runners. Then it's downhill, which takes more out of them because they have to put on the brakes. It's a cross country (skiing) layout in the winter."

The boys fared better than in the PVIACs held a week earlier at Southwick, when no one had a top-50

SEE CROSS COUNTRY - Page 45

## Indoor Winter Track Flies As Pilot Program At AHS

by Dave Rollins  
Sports Editor

There is a new addition to the already impressive and comprehensive sports venue at Agawam High School - indoor track for the winter season.

The idea was pitched to the School Committee at its meeting on Tuesday evening (November 14th) by Athletic Director Lou Conte.

He explained that indoor track (which is a Massachusetts Interscholastic Athletic Association sanctioned sport) is big in the central and eastern parts of Massachusetts, but has failed to gain a foothold in this area. However, he added, there is a growing interest to get the sport for both boys and girls up and running (no pun intended) around here.

"The PVIAC (Pioneer Valley Interscholastic Athletic Conference) has already decided to form a Western Mass. league so area schools won't have to travel long distances to compete. The league has to have a minimum of six teams," he said, then added, "At this point, there are 10 towns that have made a commitment, with five - Agawam included - waiting to get on board if they are given the go-ahead."

Conte noted that people interested in the idea have approached him, and that a meeting with students convinced him that the addition of indoor track would be a welcome and positive addition to the school's sports offerings.

"Approximately 40 to 60 kids attended the meeting. Looking into it, I believe it would increase school spir-



IN TOP PHOTO: Steve Atkinson (left), a member of AHS's boys' cross country team for the fall 2000 season, with Coach Bill Dillon. IN PHOTO BELOW: Coaches Bill Dillon and Rebecca Brown (far left and far right) with girls' cross country athletes Rachel Caruso and Kat Demetrian. Advertiser News photos by Dave Rollins.



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SEE WINTER TRACK - Page 43

## WINTER TRACK - from Page 42

it with the participation of our student-athletes who are not involved with an extra-curricular activity during the winter but would like to be," he said.

According to Conte, indoor track would include many of the events held during the outdoor season - high jump, long jump, shot put, 50-meter hurdles, 55-meter dash, 300/600/1,000-meter runs, the one-mile, the two-mile, and the 4x100 relay.

## Conte's Biggest Concern...

His biggest concern (as it is with other athletic directors in the area) is where to compete around here. "Realistically, there is no ideal place. The PVIAC indoor track meets are held at Smith College and Mount Holyoke College. There are six events held on Thursdays and Fridays and one on Wednesday throughout the season. There will also be a Western Mass. championship and participation for our kids in the State and New England championships," he said.

All the aforementioned events will demand some serious practice time, the athletic director noted. That's where Agawam's new weight room, what limited gym space they have in the winter, plus the parking lot will come into play.

"They'll use the weight room for their strength work. They can do their sprints and distance work in the parking lot. Some schools run in the corridors. But we won't be doing that for safety reasons. And when a gym is available, they can get in some stretching and limited, very short distance work. Of course, all of the activities will be supervised," Conte explained.

The bottom line in any endeavor, sports or not, is the cost. Three thousand dollars would be the bill for the indoor track season, which Conte said would be absorbed through the Athletic Department's revolving account.

The School Committee had some thoughtful ques-

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**MEMBERS OF THE FALL 2000 Agawam High School junior varsity girls' soccer team enjoyed a winning season under the guidance of Coach Lynda Kunasek. Back row: Teresa Bonavita, Jennifer Sharpe, Erin McLane, Lucy Young, Tory Lyons, Kelly Cassidy, and Allison Siedlik. Front row: Ellen Rannenberg, Meaghan Brown, Aimee Beaudette, Meghan Gloster, Gina Saimeri, Jennifer Miarecki, and Meghan Kelly. Advertiser News photo by Dave Rollins.**

tions for the athletic director, including when this would all start.

"Because it's a winter sport, November 27th, the Monday after Thanksgiving of this year. It will run through the second week of March. I'm sorry to bring this to you at the 11th hour. Some other towns are in the same boat," he answered.

Another question was about the availability of

coaches for the two squads. Conte feels there would be no problem in that department.

He said right now, 55 kids have signed up for winter track. But the numbers could fluctuate, he added.

At least for this year, winter track will be a pilot program. The School Committee said it will take another look at it next season, but gave its unanimous approval for it this time around.

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*First Victory Of The Season...*

# Brownies Take No Prisoners In Whipping The Falcons From Minnechaug, 35-Zip

by Dave Rollins  
Sports Editor

After 36 frustrating quarters of football encompassing nine equally frustrating games in the 2000 schoolboy season, the floodgates opened for the Agawam High football team last Friday evening (November 10th) with a 35-0 whitewash over visiting Minnechaug.

Now, let's face it, the 1-8, 0-8 Falcons are no Central or Longmeadow. But on this soggy, cold evening, the way Agawam played, even those two Super Bowl-bound teams might have had trouble in a rematch with the Brownies, who won for the first time this fall.

And it could have been worse for Minnechaug, bordering on a nightmare resembling a vacation in Bosnia. Agawam, by virtue of various infractions, had four touchdowns called back. Count 'em ... four TDs invalidated!

Indeed, total yards in this one were as lopsided as a flat tire, with the Brownies chalking up 360 to Minnechaug's 11.

Agawam opened the scoring with a 22-yard run off left tackle by senior Tony Liquori (22/193/2 TDs). The blocking by the Brownie offensive line was outstanding, as it would be all evening long.

But in this one it was Liquori who would be the engine. The senior has been coming on every week since mid-season. It was evident in practice that he was running plays as hard as if it were a game, trying to convince the coaches that he should get more of a

chance at the ball.

"He wanted it and we finally gave it to him. He didn't disappoint," Brownie Coach Tad Desautels noted.

Agawam struck again, this time by a different route. Vitaly Dzherzherukha fielded a punt at the Agawam 44, cut to his left, found the wall, and ended up 66 yards later in the Minnechaug end zone. Vin Tirone's second extra point made it 14-0, Brownies.

After having a Liquori 40-yard TD called back because of a hold, Agawam's third score was on a three-yard pass play from sophomore quarterback Joe Clark to senior tight end Lou Conte.

It was a textbook execution of a basic play. Conte delayed at the line of scrimmage, faking a block as Clark took a three-step drop. Then the big senior simply scooted, uncovered, into the end zone. Tirone made it 21-0, Agawam.

## Brownies Lead 21-0 At Halftime...

For the rest of the half, Agawam's defense - led by Frank Ferrentino, Isidro Aguinaga, Nick Beaudette, and a host of others - shut the Falcons down. And the Brownies took a 21-0 lead into the locker room.

Halfway through the third quarter, Vitaly recorded his second TD of the game and ninth of the season on a 13-yard scamper around the right side. It was 28-0, Brownies and the Falcons - for all intents and purposes - were back on the bus (mentally if not physically).

Agawam capped off the scoring with a minute gone in the fourth on a rambling, 80-yard run by Liquori - his second of the evening and fifth in the last four games. The PAT made it 35-0, hosts as the fat lady began to wail into the damp evening air. Agawam is now at 1-9 overall.

"This game was played with high intensity and a ton of emotion. It was the final one at Harmon Smith for our seniors, and they wanted to go out as winners before the home crowd," Desautels said.

Agawam next plays at West Springfield on Thanksgiving Day in their traditional season-ending battle. West Side, which is having a fine campaign at 6-3 and 5-2 in the Suburban League, lost last Sunday to Comp, 28-26, and perhaps also lost a chance of a Super Bowl berth; the Terriers should be in an ugly mood for this one.

And they might be a little distracted, with some thought to the Comp/South Hadley game also on turkey day. If the Colts lose to the Tigers, the Terriers would then get their playoff nod.

Desautels, who was at the West Side/Comp game (his dad, Wally, coaches Comp), admitted the finale could be a good one. "They (the Terriers) are a tough, well-coached team. But after seeing them against Comp, I think we match up well against them."

Agawam has won the last four Thanksgiving games in a row.

\*\*\*\*\*

*For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event...*

## Agawam In-Town Soccer



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Profile...

## "Hard Work" And "Quiet Leadership" Describe AHS Soccer's Jim Evans

by Dave Rollins  
Sports Editor

Jim Evans is known for his non-stop hustle on the soccer field. And while Agawam High didn't have the best season (5-10-3), Evans (1 goal, 1 assist) never stopped giving it everything he had from his fullback position. Recently, the senior took some time out to talk about himself.

Evans is 17 years-old. His birthday is January 2nd. He stands 5' 9" tall and weighs 155 pounds.

He has spent all four years of his secondary education at AHS. Currently, his course load includes physics, advanced math, practical law, and English 12. He is a past member of the Renaissance Club.

Practical law and American history are his favorite courses. Joseph Fitzgerald (history) is his top teacher.

Right now, Evans isn't sure where he might end up next fall. But he has his eye on UNH and Assumption College.

Evans is a two-sport star at AHS - soccer and lacrosse. He likes lacrosse the best. "Yeah, I was the captain last year and again this year. We are a very close-knit team."

His most memorable sports moment came in that quadruple-overtime game last spring against West Springfield, when he scored the game-winning goal on a day when the temperature was around 90 and everyone was running on empty for the varsity lacrosse match-up.

He sees the past soccer season as one that can only improve. "We were in transition with three coaches in three years. I think Coach (Jon) Cavallo has that winning attitude which will eventually pay off for this team," he noted.

Chicken parmesan is his favorite dish.

Orange is his color of choice.

His car, a Lexus, is his favorite ride.

His favorite team is the Philadelphia Flyers.

He likes to hang out at Agawam High football player Frank Ferrentino's house.

Tie-dyed clothes top Evans' wardrobe. "I like them because my favorite rock group is The Grateful Dead," he laughed.

You guessed it - "The Dead" top the charts for him.

### CROSS COUNTRY - from Page 42

finish and the team was way out of the running. "We had five in that meet as well. But also a lot of the kids were injured with something or another. That's the way it goes when you lack depth," Dillon said. None of his kids will be going on to the States.

The girls did better at Western Mass., finishing 13th out of the 17 teams entered. "We did as well as we expected," second-year girls' Coach Rebecca Brown said. "The year before, we were last out of the 17



JIM EVANS

His favorite show on the tube is "OZ." "Braveheart" is his favorite flick.

Carolyn is his mom. James is his dad. He has two brothers: Chris (15), a lacrosse player, and Rudy (13).

His dad is the person he looks up to.

He would like to be remembered as a kid who gave 110 percent, with the well-being of the team always his major concern.

Cavallo had this to say about Evans: "He's a great kid. He's very classy and a quiet leader. He worked hard to become a starter and did everything we asked of him."

teams."

Sophomore Jess Hudson was the top Agawam girl, with a 43rd-place finish out of the 125 entered. The girls had four runners - Hudson, Ashley Velosky (58th), Ann Greco (66th), and Jodie Pfau (79th) - place better than the best Agawam girl placed last year (86th).

The girls, like the boys, had trouble down in Southwick. "That course is very crowded with a lot more runners on it. Our girls are better in less-congested conditions," Brown explained.

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## Women Gymnasts From Daggett's Compete In Swk.

On Sunday, November 12th, the women's gymnastics team from several area gyms - including Tim Daggett's Gold Medal Gymnastics of Agawam - met at Whip City Gymnastics in Southwick for a local qualifying meet.

Skill levels 5-9 competed, but only the fives and sixes from Daggett's participated in order to accrue scores prior to Winter States.

In Level 6, 7-9 year-old group, Brittany LaFlamme of Feeding Hills took firsts in all four events and the All-Around with a 30.9 score.

In the 10-12 age group, Andrea Ouellette of Longmeadow won the Vault competition. Brittany Bolella of Enfield, CT, took the second place on Vault and finished third in the All-Around with a 32.3.

In the 12-13 year-old division, Nora Parsons of Suffield, CT, led Vault with an 8.85 and Beam with an 8.75, while coming in second on Bars. Combined, her scores helped her to take the All-Around with a 32.25.

Diana Forbes of Agawam took a second on Beam with an 8.0 and placed third in Vault, Bars, and Floor. Her consistency helped her to finish second in the All-Around with a 31.6. Rachel Foltz of East Longmeadow performed well, taking first on Bars (scoring 8.25) and third on Beam and in the All-Around.

In Level 5, 9-10 year-olds, Kayla Levreault of Southwick took a second on Vault. Angela Oddo of Windsor Locks, CT, led Bars with an 8.7 and finished third on Beam and in the All-Around with a 33.05 total.

In the 11-12 year-old group, Nicole Eastman of Windsor, CT, led Vault with an 8.85 and took seconds on Bars with an 8.5 and Beam with an 8.65. These scores combined with Floor for her All-Around winning total of 34.35.

Amy Damon of Southwick took first on Beam with an 8.80 and followed closely in All-Around scoring with a 33.45. Ashley Watson of Enfield, CT, took the Bars competition with an 8.55 and second on Vault with an 8.6. Erika Ellis of Westfield took first on Floor with an 8.55.

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15th Open House Held...

# It's Always Time To Be Fit At "Fitness First"

by Dave Rollins  
Sports Editor

Personal fitness is a big concern in this country. It's logical. The more you take care of yourself, there's a good chance you'll live longer and, along with the extra years, will come a better quality of life.

If you are looking in that direction, look no further than **Fitness First** at 60 North Westfield Street in Feeding Hills. This is a state-of-the-art facility which recently celebrated 15 years in the business with its 15th open house.

It was a full-day affair starting at 7:00 a.m. and running to 6:00 p.m. It was designed to showcase everything they have to offer. And they have just about anything a person of any age, interested in being as fit as they can be, can possibly want.

Being around 15 years means you are doing something right. Kurt Welker and his wife, Paula, own and run the show.

"I think the prime reason we've been around so long is because we are service-minded. This is a family-owned business. It is extremely clean and the equipment always works for our members. Our staff is the highest quality, with people from the front desk on back aware of our members' needs," Kurt said.

Aside from the professional staff, Kurt and Paula also have excellent credentials for running a place like **Fitness First**. He has a degree in physical education from perhaps the number-one school in America for that discipline - Springfield College. He also has managed health and fitness clubs. Paula is a certified aerobics instructor with plenty of experience in club management.

**Fitness First** is big. Bigger than you could imagine, with two levels. It has to be that way because of everything they have in there. Yet they started out relatively small compared to where they are today.

"This used to be a racquetball facility that began to fall on hard times. We took it over with the express intent of turning it into a total fitness club," Kurt said. Then he added, "We built things up slowly, adding features here and there, with things our members wanted."

The only way to really describe this place is to start with the kids and go up the ladder. The kids have pro-



**PAULA & KURT WELKER**, the owners and operators of "Fitness First" in Feeding Hills.

Advertiser News photo by Dave Rollins.

grams where they can work out. "Yeah," Kurt smiled. "It's very basic - only a couple of times a week with very light weights. Only when they reach ages 12-14 do we advise them of other possibilities in their training."

There is also a place (a big play room) where the smaller kids can spend their time while the parents are working out. The day we were there they had a Halloween party going on. For the older folks, there is a free-weight room.

"We try to keep that separate because those free-weight people can get pretty serious about their workouts," Kurt said.

Then there are the stationary bikes, treadmills, and stair masters. Add to

that the nautilus machines and several racquetball courts, which attract everyone - including high school athletes - from around the area. (Chris Benjamin, the Agawam High football assistant coach and strength conditioner, will be holding clinics later this month.)

#### The Importance Of Cardiovascular Activity...

"That is the way fitness has changed since we started, with cardiovascular activity. And not only does working out on that equipment help your heart, it also helps prevent bone disorders not to mention promoting overall strength," Kurt said.

We couldn't help but notice the number of senior citizens there. "When we added our pool, the senior citizens became very interested. It's a great way for them to work out in the water and get physical therapy if they need it. Whatever they do, it's twice a day and they also get a chance to socialize," added Kurt.

Of course, all of the above isn't accomplished without some guidelines. "We subscribe to the American College of Sports Medicine. They set up a standard of health care for fitness clubs. That includes blood pressure screening, screening of people who want to join us, doctor's clearances (if needed), and sessions with our staff to get them started if that is the case. I think our members respect us for the way we take care of them here," Kurt noted.

Where will all this interest in health awareness go? "I don't think the length of time for exercise, maybe an hour and a half a day, will be as important as the quality of it. People are so busy today with so many things in their lives. But I think they will always need some exercise if they are serious about staying fit. So I can only see the industry expanding if the people can get the workout they want in a relaxed, friendly atmosphere," Kurt told us.

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## “Fitness First” Celebrates 15 Years Of Business...



“FITNESS FIRST,” located at 60 North Westfield Street in Feeding Hills, recently celebrated 15 years in business with a full-day open house featuring activities and events for people of all ages. IN LEFT PHOTO: Mike Hill, a member of the varsity wrestling team at Agawam High School, works out on the equipment at “Fitness First” to prepare for the upcoming season. IN TOP PHOTO: Christina Dawn Eagle, a fitness director at “Fitness First,” takes the blood pressure of Harvey Buckland as Millie Buckland looks on. Advertiser News photos by Dave Rollins.



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# These Kids Would Make Arnold Schwarzenegger Proud!



**WHO SAYS ADULTS ARE THE ONLY ONES WHO CAN "PUMP IRON"???** These local youngsters (in left and right photos) demonstrate their weightlifting skills with barbells at "Fitness First" during its recently held open house. The event was held to commemorate "Fitness First's" 15 years in business. Advertiser News photos by Dave Rollins.

## Dates To Remember From Agawam High School

### Fundraisers For November:

- \* Band/Color Guard Florida Citrus Fundraiser
- \* Senior Class Supermarket Voucher Fundraiser
- \* S.A.V.E. Environmental Tee Shirts etc.

### Monthly Events:

- November 17th: REPORT CARDS ISSUED.
- November 18th: ACADEMIC DECATHLON TEAM to Pittsfield High School for the regional USAD meet; SENIOR DISTRICT AUDITIONS at Westfield State College - Visual and Performing Arts Department.
- November 19th: STATE CHEERLEADING TOURNAMENT at Franklin High School, Franklin, MA.
- November 20th: AHS PARENTS NIGHT 7:00 p.m.; MATH CLUB BAKE SALE at Parents Night.
- November 21st: BREAKFAST AT AHS sponsored

by the senior class, 6:50-7:15 a.m.; FAMILY RESOURCE GROUP meeting sponsored by the Substance Abuse Prevention Program, period 2, center office conference room; ORANGE AND BROWN DAY - period 7 rally; JUNIOR-SENIOR POWDER PUFF FOOTBALL GAME, 2:00 p.m. \$1.00 players, \$2.00 in advance, \$3.00 at the door, FREE for under age 5; PIZZA PARTY for AHS football team, 5:00 to 6:00 p.m.; BONFIRE at AHS Athletic Field, 6:00 p.m.

**November 22nd-24th:** THANKSGIVING RECESS.

**November 23rd:** THANKSGIVING DAY FOOTBALL GAME, AGAWAM VS. WEST SPRINGFIELD, 10:00 a.m., AWAY.

**November 28th:** BREAKFAST AT AHS sponsored by the senior class, 6:50-7:15 a.m.; FAMILY

RESOURCE GROUP MEETING sponsored by the Substance Abuse Prevention Program, period 3, center office conference room; MATH TEAM meeting, room 72, preparation for the December meet; CULINARY ARTS CLUB meeting, room 6.

**November 29th:** HEPATITIS B (2nd IMMUNIZATION FOR AHS SENIORS), nurse's office, 9:00 - 10:00 a.m.; WOMEN'S ISSUES discussion group sponsored by the Substance Abuse Prevention Program, period 7, center office conference room; WORKSHOP: ASSERTIVENESS at the Peer Leadership meeting; INTERGENERATIONAL Poetry GROUP, room 38, 1:50-2:35 p.m.

**November 30th:** BREAKFAST AT AHS sponsored by the sophomore class, 6:50-7:15 a.m.

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# Kids Certainly Enjoy The Activities At Fitness First...



**FUN AND EXERCISE** go hand-in-hand at "Fitness First," which is located at 60 North Westfield Street in Feeding Hills. There are programs for children, as well as a big playroom where the wee ones can spend time while their parents are working out. **IN LEFT PHOTO:** "Cowboy" Adam King with Jane King. **IN RIGHT PHOTO:** "Fitness First" staff members pose with these smiling youngsters during the facility's recently held 15th anniversary open house. Advertiser News photos by Dave Rollins.

## Suf. Parks & Rec Looking For Hall Monitors & Referees

The Suffield Parks & Recreation Department is looking for Hall Monitors to supervise activity during the Winter Youth Basketball programs and Referees to referee some of the games for youth in grades through to eight.

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*If you visit the Advertiser News' new office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Please park on the side of the building and use the back entrance. Thank you...*





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## A Reminder About Our Thanksgiving Week Edition...

Please note that the deadline for articles, letters, ads, etc., for our Thanksgiving week edition (to be published Tuesday, November 21st) will be **Friday, November 17th, at 5:00 p.m.** We thank you for your cooperation in this matter ... AAN!!!

## Let's Give Them A "Cheer"!!!



CONGRATULATIONS TO THE Agawam Senior Youth Cheerleaders, who were chosen as U.C.A. (United Cheerleader Association) All-Stars this past summer. Pictured above are members of the honored cheerleading squad: Jacqueline Svadeba, Ami Lee Sullivan, Jenn Bock, and Leeann Morytko.

## These Guys Are The "Lowest" (?)



RECENTLY, a picture and announcement regarding the winners of the Agawam Chamber of Commerce's Golf Social (held at the Agawam Municipal Golf Course) were published with errors. The "Lowest Gross Foursome" actually consisted of Rich Mulcahy, Barry Lyons, Dave Gilbert, and Tom Byrne.

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## Round 2 Gets Off To An Unusual Start For The Team

The second round of the Tri-Parish Bowling League got off to an unusual start on Monday, November 6th. The two teams who battled for the first-round prize bowled again with a totally different result.

Catholic University had vanquished St. Louis to win the first round, but in this match, St. L was the winner in a shut-out, 4-0. Three CU bowlers hit over 300, but to no avail. John "Big Bad" Mlinek ran a 309, Cori "Lefty" Napolitan hit a 339 with a 128 single, and Kathy "Big Cat" Burlingham came in with a 322.

For St. L, it was Maybeth "Miss Consistent" Coughlin, who had a super night with strings of 106, 125, and 112 for a great 343. So what could top that? Glen "Not Sam" Adams did by rolling a 402. "Not Sam" had strings of 142, 115 and 145 for the league's first over-400 night. (Great bowling, Glen!) Needless to say, St. L. starts the round in first place.

St. Mary rolled over Fordham, 3-1. For St. M, Terry "Tiger" Cerpovicz ran a 342 total with a 135 high single, Don "Reb" Stitt hit a 309 with a 122 high single, and Rich "Golden" Snyder rolled a 340 with a 122 high. All the highs came in the first string, so St. M took the point easily.

Fordham came right back to win the second, and the third string went to the wire with St. M pulling it out by two pins. For F'ham, Flo "Rocky" Rochford got back in stride with a 126 single and a 314 total. Anchor "Jolly" Olly Muldrew came in with a 365 total with a high of 132. Not bad, but not good enough. St. M took over second place in the round with the higher team pinfall total.

Holy Cross also won three points from Boston College to tie but had a lower pinfall, so HC had to settle for third place. No one bowled up to snuff for BC.

### Agawam Soccer Association's Final Standings For Fall 2000

| U-10 BOYS                | W  | L  | T | P  |
|--------------------------|----|----|---|----|
| Lafoe Blue Thunder       | 9  | 1  | 2 | 29 |
| Paulin Blue Demons       | 9  | 3  | 0 | 27 |
| Gould Black Shadow       | 9  | 3  | 0 | 27 |
| McElligot Blue Jays      | 6  | 4  | 2 | 20 |
| Ellsworth Red Devils     | 6  | 6  | 0 | 18 |
| Hastings Orange Vipers   | 4  | 8  | 0 | 12 |
| Giusto Golden Eagles     | 2  | 10 | 0 | 6  |
| Farrington Green Machine | 1  | 11 | 0 | 3  |
|                          |    |    |   |    |
| U-12 BOYS                | W  | L  | T | P  |
| Brin Green Demons        | 10 | 2  | 0 | 30 |
| Henigan Yellow Jackets   | 9  | 3  | 0 | 27 |
| Laporte Blue Devils      | 7  | 4  | 1 | 22 |
| Lombardini Orange Crush  | 2  | 9  | 1 | 7  |
| Nawskon Red Devils       | 1  | 9  | 2 | 5  |
|                          |    |    |   |    |
| U-14 (CO-ED)             | W  | L  | T | P  |
| Adams Green Hornet       | 12 | 0  | 1 | 36 |
| Zmaczynski Golden Eagles | 9  | 3  | 0 | 27 |
| Lane Red Devils          | 3  | 6  | 3 | 12 |
| White Blue Maniacs       | 3  | 6  | 3 | 12 |
| Nawskon Orange Enforcers | 0  | 9  | 3 | 2  |

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Betsy "Loaded" Cannon ran off a second string of 117, which was high for the team and gave them the point for that string.

For HC, Jan "Steady" Fuller rolled a 335 total with a 130 high single to help Ron "The Don" Menard's 361 (with a 132 high) earn the 3-1 win.

Notre Dame did in Georgetown, 3-1, and also shared the point total, but pinfall left them in fourth place in the round. For G'T, Jim "Big Mac" McCormack hit a 308, and "Mighty" Debbie Poirier rolled an even 300 (which was only good enough for one point).

No one could muster a 300-plus series for ND, but Donna "Big D" Kosinski rolled a neat 131 string to give

her team the first string point. ND also used the team handicap to win the third string and total pinfall. So, looking at the scores, Lanes 1 and 2 beat both teams (again!).

After one night, the second round starts like this:

|                     |       |
|---------------------|-------|
| St. Louis           | 4 - 0 |
| St. Mary            | 3 - 1 |
| Holy Cross          | 3 - 1 |
| Notre Dame          | 3 - 1 |
| Fordham             | 1 - 3 |
| Boston College      | 1 - 3 |
| Georgetown          | 1 - 3 |
| Catholic University | 0 - 4 |

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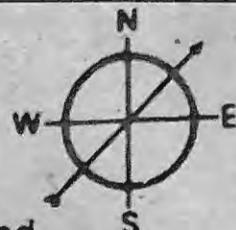
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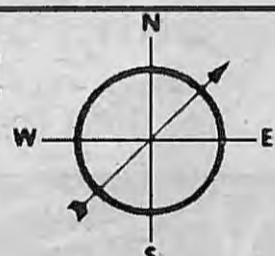
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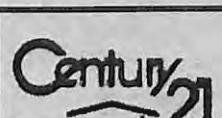
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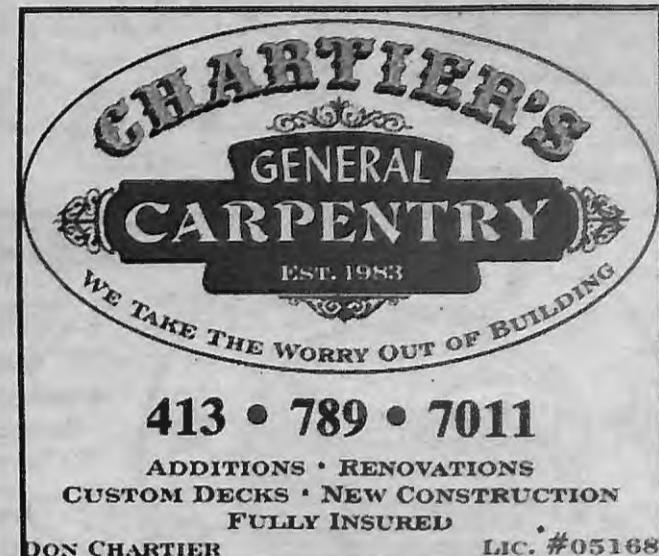
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- ◆ St. Pauli Girl (24 Bottles) ..... \$18.79
- ◆ Labatts (24 Bottles) ..... \$16.79
- ◆ Molson Ice & Molson Golden ..... \$16.79
- ◆ Corona (24 Bottles) ..... \$18.79

All Riunite  
(1.5 liter) \$5.99

Bolla Merlo & Pino Grigio  
(1.5 liter) \$9.99

Carlo Rossi  
(4-liter) \$6.99

~1.75 liters ~

|                    |         |
|--------------------|---------|
| Dewars Scotch      | \$28.99 |
| Crown Royal        | \$33.99 |
| J & B Scotch       | \$28.99 |
| Canadian Club      | \$17.99 |
| Seagrams 7         | \$14.99 |
| Smirnoff Vodka     | \$16.99 |
| Absolut Vodka      | \$23.99 |
| Popov Vodka        | \$12.99 |
| Rubinoff Vodka     | \$8.99  |
| Inverhouse Scotch  | \$12.99 |
| Canadian Mist      | \$13.99 |
| Seagrams Gin       | \$13.99 |
| Bacardi Rum        | \$15.99 |
| Bacardi Limon      | \$19.99 |
| Jack Daniels       | \$25.99 |
| Johnnie Walker Red | \$30.99 |

FULL  
MASS  
LOTTERY  
SERVICE

|   |         |
|---|---------|
| Kahlua (750 ml)                           | \$14.99 |
| Sambuca Romano (750 ml)                   | \$14.99 |
| Leroux Brandies (750 ml)                  | \$7.99  |
| Boston Brandies (750 ml)                  | \$7.99  |
| Old Fashion New England Egg Nog (1-liter) | \$5.99  |
| Chambord (750 ml)                         | \$19.99 |
| Grand Marnier                             | \$27.99 |

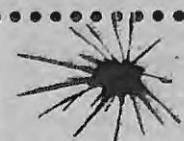
~ WINES ~

| GALLO                    | VENDANGE                 | ALMADEN                  |
|--------------------------|--------------------------|--------------------------|
| (750)<br>White Zinfandel | (750)<br>White Zinfandel | (1.5)<br>White Zinfandel |
| 3 for \$7.99             | 3 for \$7.99             | \$4.99                   |

Alisa (Italy)

|                                |              |
|--------------------------------|--------------|
| Pino Grigio (1.5)              | \$7.99       |
| Merlo (1.5)                    | \$7.99       |
| All Delcato (1.5)              | \$7.99       |
| Beringer (750) White Zinfandel | 2 for \$7.99 |

COKE, SPRITE & DIET COKE  
\$5.99  
(Cans) +Dep.



ALL BEER PRICES SUBJECT TO MASS DEPOSIT - ALL MAJOR CREDIT CARDS ACCEPTED

### CIGARETTE CARTON DEALS

|           |            |        |             |
|-----------|------------|--------|-------------|
| NEWPORT   | \$4.50 OFF | KOOL   | \$3.50 OFF  |
| Old Golds | \$5.50 OFF | SPORT  | \$10.00 OFF |
| GPC       | \$5.00 OFF | LIGGET | \$12.00 OFF |
| WINSTONS  | \$4.50 OFF | DORALS | \$5.00 OFF  |
| BASIC     | \$4.50 OFF | CAMELS | \$4.50 OFF  |

### Bertelli's Skate Shop

"Home of the \$2.00 Skate Sharpening"

\*Full line of hockey equipment

\*Largest selection of hockey sticks

AT THE AREA'S LOWEST PRICES

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726 Main Street, West Springfield

